

# **Senior Vital Living Cross Departmental Initiative**

## ***Working Session***

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Co-Chairs

# CountyStat Principles

- **Require Data-Driven Performance**
- **Promote Strategic Governance**
- **Increase Government Transparency**
- **Foster a Culture of Accountability**



# Agenda

- **Welcome and Introductions**
- **Meeting Goals** (slides 2-5)
- **Timeline of Senior Initiative & U.S. Census Data** (slides 6-10)
- **Overview of the Initiative, Its Accomplishments & Budget** (slides 10-32)
- **Senior Activities At-A-Glance** (slides 33-37)
- **Group Discussion Facilitated by CountyStat**
- **Next Steps**



# Meeting Goals

- **Identify Challenges and Areas Where Improvements Can Be Made to:**
  1. Further advance of the goals of the Senior Vital Living Initiative
  2. Increase the level of input/participation from our senior population in identifying needs
  3. Provide routine assessment and clear communication regarding the progress made by all participating departments/workgroups
- **Discuss Ideas and the Next Steps for Improving Data Collection and Analysis by Departments Servicing Seniors**

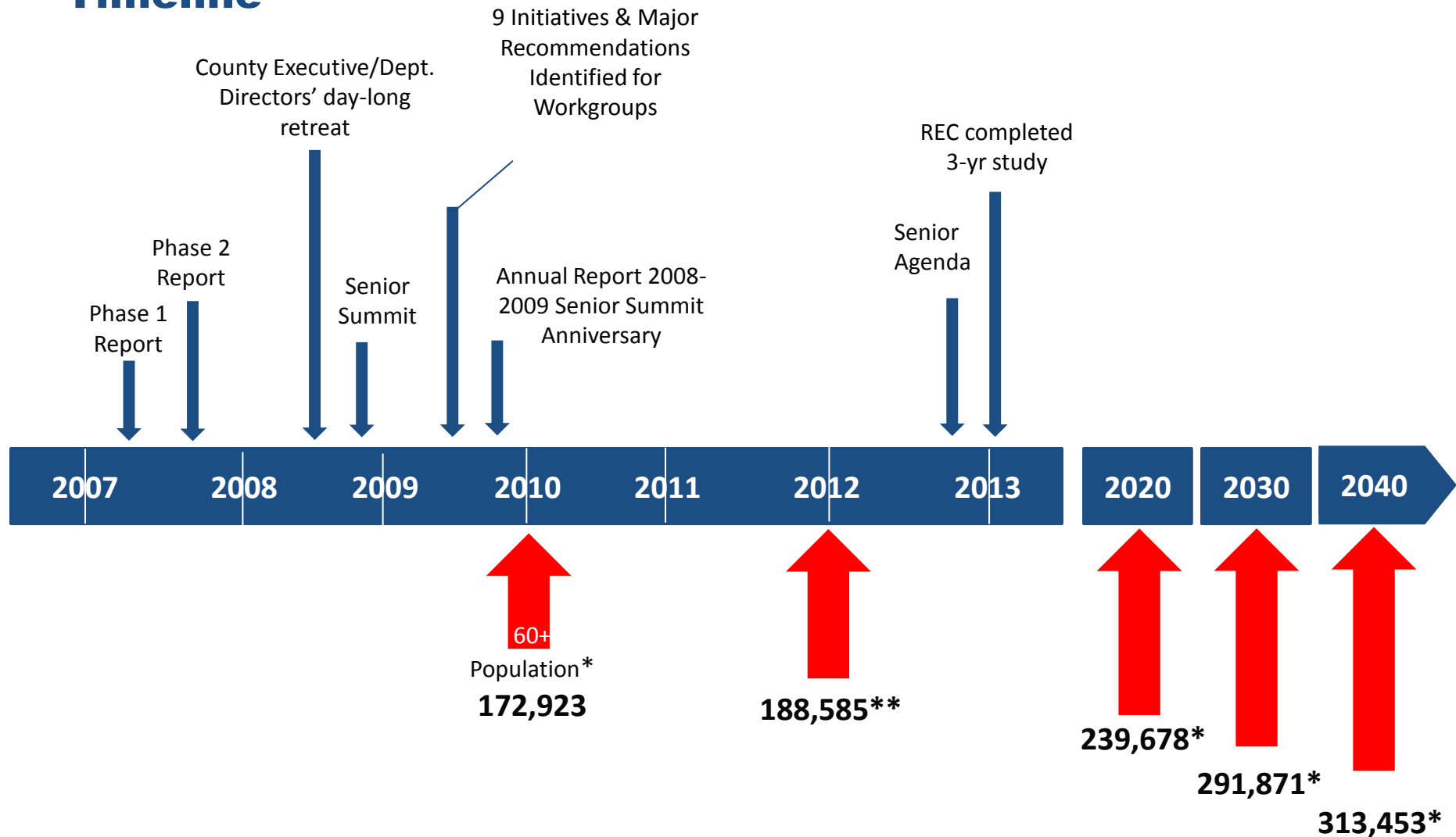


## Desired Outcomes

- Departments are making *data-driven decisions* on all aspects (planning, programming, and budgeting) of the County's Senior Vital Living Initiative
- Information about Montgomery County's resources for senior residents is uniformly presented, easily accessible, available in multiple formats and widely distributed



# Timeline

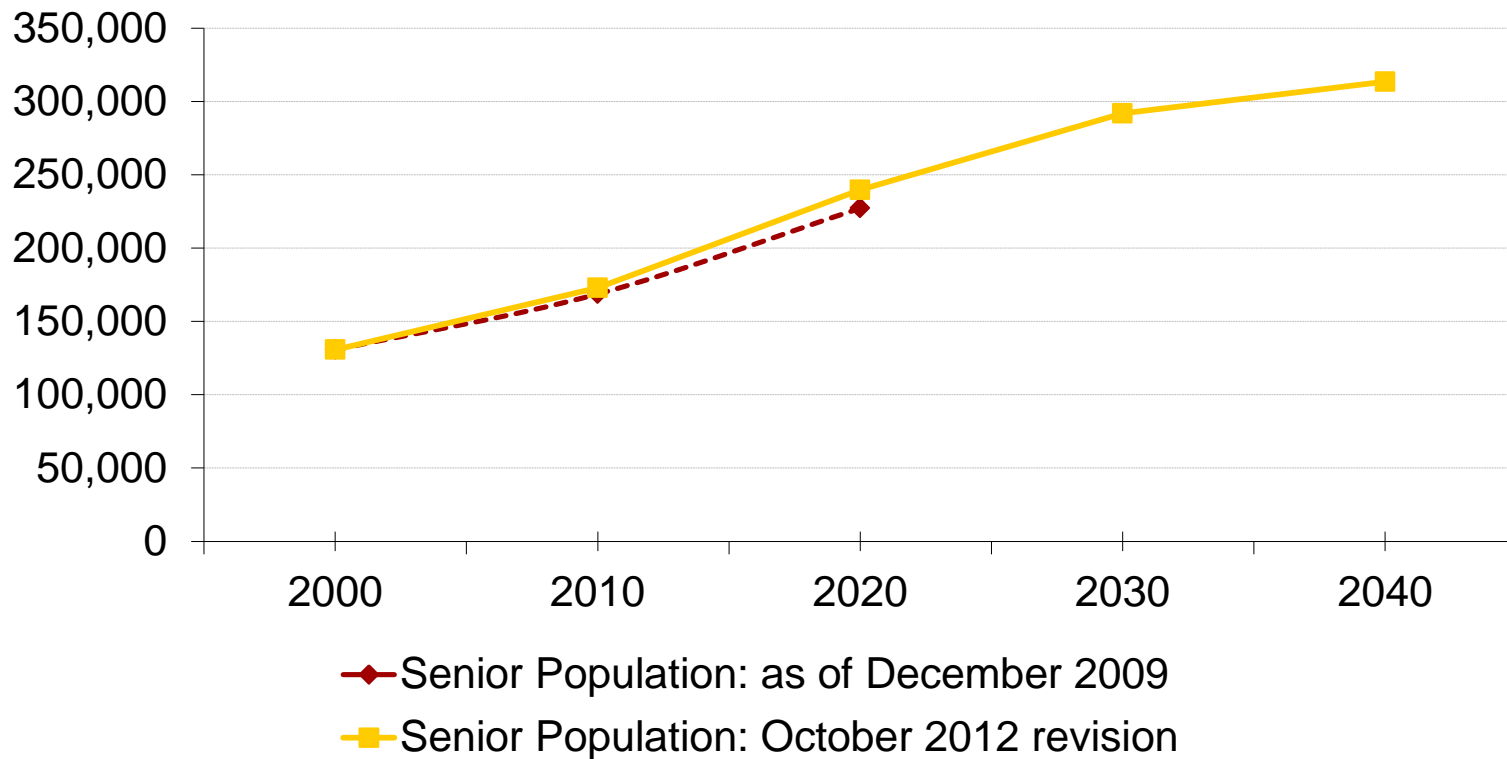


\*Source: Maryland Department of Aging, Budget Presentation FY14, Annual Report 2012: U.S. Census Bureau (2010) and the Maryland Dept. of Planning Projections (revisions, Oct. 2012) Prepared by Maryland Dept. of Planning, Planning Data and Analysis



\*\*U.S. Census ACS-2012

# Change in Projected Growth of Montgomery County's 60+ Population

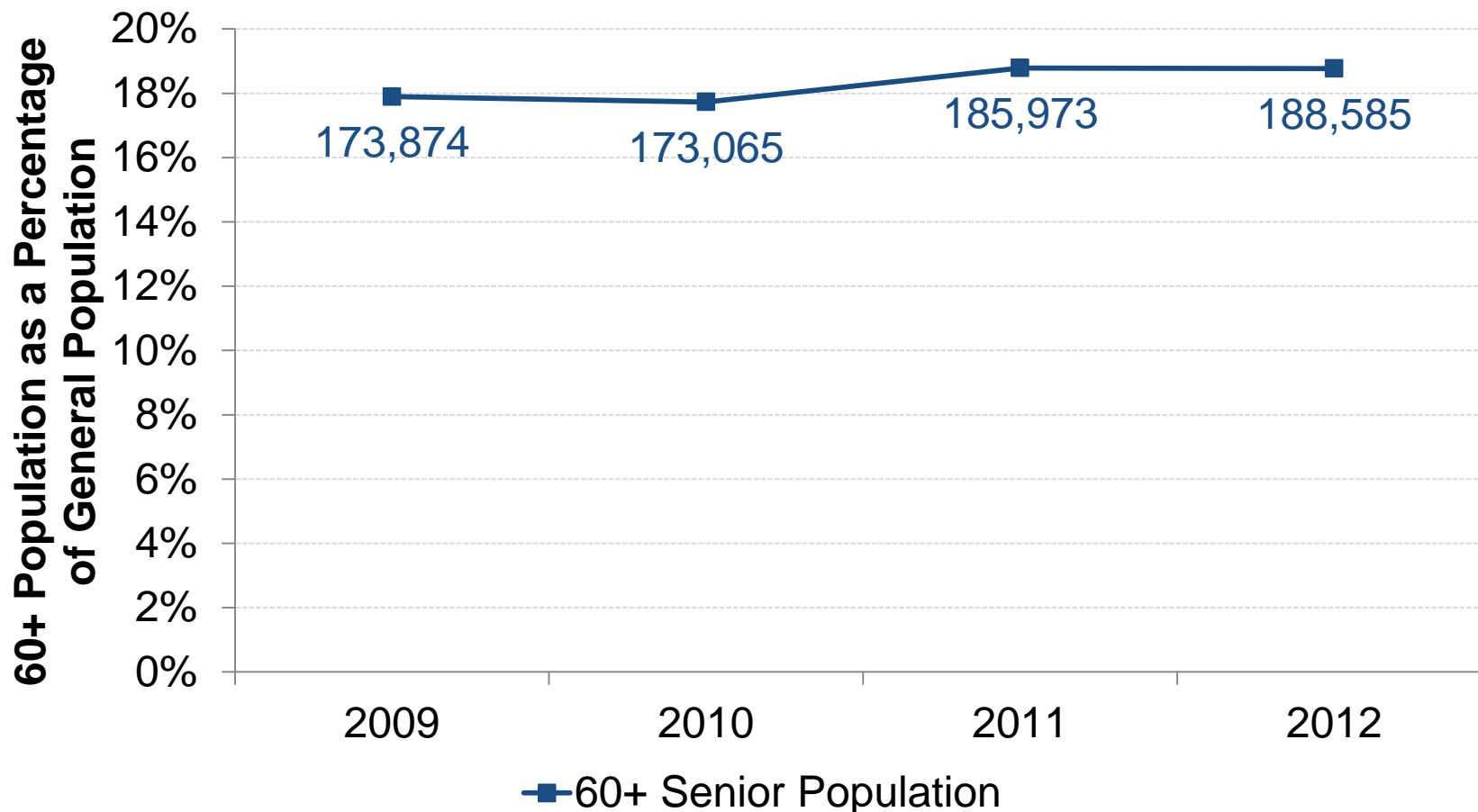


The last time we met, the projected increase of the 60+ population between 2000 and 2020 was estimated at 74%. Newer estimates puts that same time projection at 83.5%. The 60+ population is projected to increase by 38% between 2010 and 2020.

Source: Maryland Department of Aging, Budget Presentation FY14, Annual Report 2012: U.S. Census Bureau (2010) and the Maryland Department of Planning Projections (revisions, Oct. 2012) Prepared by Maryland Department of Planning, Planning Data and Analysis



## Montgomery County's 60+ Population 2009-2012



The 60+ population grew by 8.5% between 2009 and 2012. Montgomery County's population as a whole grew by 3.4%.

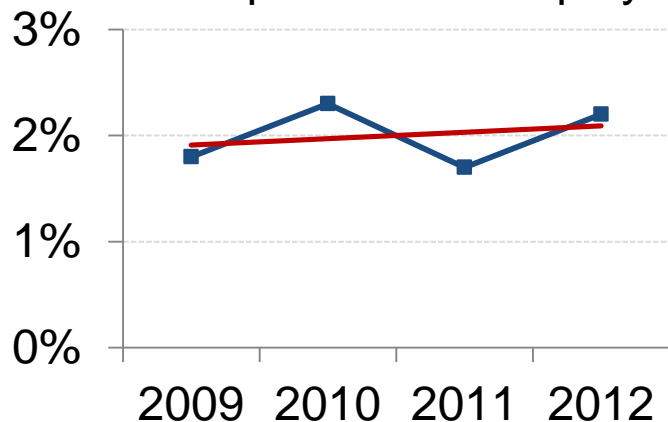


Source: U.S. Census ACS 2009-2012



# Percent of Montgomery County's 60+ Population who are Unemployed and/or Living in Poverty

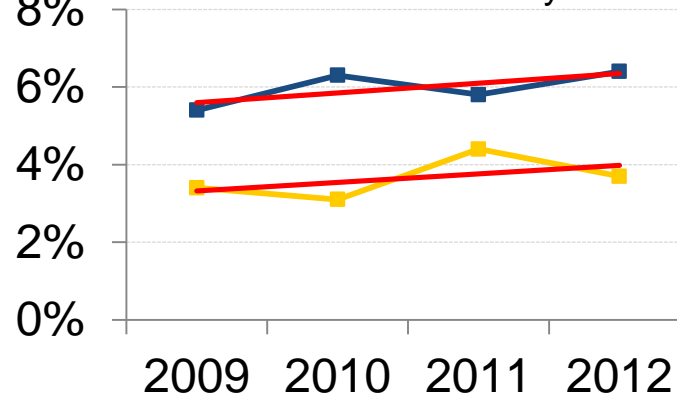
60+ Population Unemployed



	2009	2010	2011	2012
60+ Unemployed	3,130	3,980	3,162	4,149

At or Below 100% of Poverty Level

100% to 149% of Poverty Level



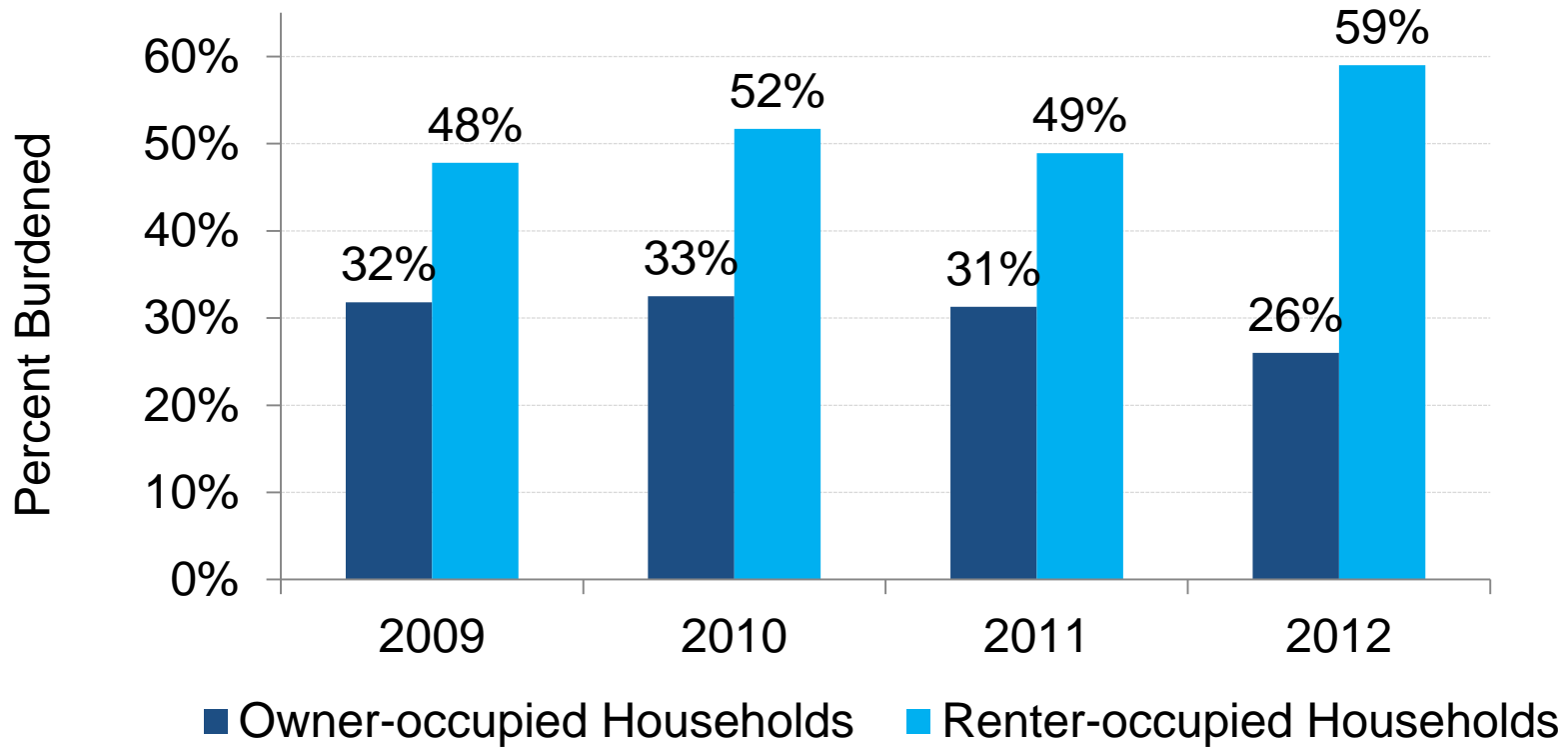
	Poverty	149%
Annual Income	\$11,170	\$16,643.30

The number of unemployed people in Montgomery County's 60+ population increased 32.6% since 2009. Within the 60+ population, the number living at or below 100% of Poverty Level has risen 29.5% and the number living 100% to 149% of Poverty Level has risen 18.9%. Within the general population it is -2.4% and +21.4% respectively.



Source: U.S. Census ACS 2009-2012

## Percent of Montgomery County's 60+ Households Considered Burdened with Housing Costs



In 2012, 36,183 60+ senior households in Montgomery County spent 30% or more of their income in the last 12 months on housing and are considered housing burdened. Housing costs that are too high to maintain in retirement could restrict seniors' ability to age in place.



Source: U.S. Census, ACS-2009-2012

# Guiding Principles of the Senior Vital Living Initiative

## Senior Summit Annual Report 2008-2009:

- Diversity: All efforts will be sensitive to the diversity of the senior population
- Partnerships: County government will engage and partner with the business community, non-profits, faith-based communities and residents
- Civic Engagement: Recognize the valuable resource of the senior population and the Montgomery County community as a whole, encouraging neighborly volunteer efforts to help meet the needs of the most vulnerable
- Planning: All efforts will involve identifying and implementing evidence based and best practices
- Accountability: Establish a centralized oversight process responsible for defining and implementing interdepartmental action steps, goals, and outcomes measures

## Senior Agenda 2012:

- All data, including demographic data will be current and analyzed for use in all planning processes
- Information about resources will be clearly stated, publicized and accessible in a unified and easily recognizable format, as well as available for non-English speakers



# Initiative Workgroups and Objectives (1/2)

Workgroups	Lead Department(s)	Objectives*	Meeting frequency/date of last meeting
Senior Sub-Cabinet	<ul style="list-style-type: none"> <li>HHS</li> <li>REC</li> </ul>	<ul style="list-style-type: none"> <li>Montgomery County as a place to live</li> <li>Availability of services for seniors</li> </ul>	<ul style="list-style-type: none"> <li>Quarterly – 9/25/13</li> </ul>
Transportation and Mobility	<ul style="list-style-type: none"> <li>DOT</li> </ul>	<ul style="list-style-type: none"> <li>Ease of bus travel</li> <li>Availability of paths and walking trails</li> <li>Pedestrian safety</li> </ul>	<ul style="list-style-type: none"> <li>Quarterly – no date provided**</li> </ul>
Health and Wellness	<ul style="list-style-type: none"> <li>HHS</li> <li>REC</li> </ul>	<ul style="list-style-type: none"> <li>Accessibility of County services for disabled persons</li> <li>Availability of affordable health care</li> <li>Recreational opportunities</li> </ul>	<ul style="list-style-type: none"> <li>Every other month – 5/21/13</li> </ul>
Home and Community-based Services	<ul style="list-style-type: none"> <li>BCC-RSC</li> <li>HHS</li> </ul>	<ul style="list-style-type: none"> <li>Accessibility of County services for disabled persons</li> </ul>	<ul style="list-style-type: none"> <li>Unknown</li> </ul>
Housing	<ul style="list-style-type: none"> <li>DHCA</li> <li>DPS</li> </ul>	<ul style="list-style-type: none"> <li>Variety of housing options</li> <li>Availability of affordable housing</li> </ul>	<ul style="list-style-type: none"> <li>Has not met since Senior Summit Follow-up in 2009</li> </ul>

\*Objectives, as defined by the Senior Sub-Cabinet and Workgroups and stated in the December 2009 CountyStat presentation on slide 11.

Sources for Meeting Frequency/date of last meeting: Meeting Minutes of Workgroups and conversations with members.

\*\*Meeting Minutes are not available.



## Initiative Workgroups and Objectives (2/2)

Workgroups	Lead Department(s)	Objectives*	Meeting frequency/ date of last meeting
Civic and Social Engagement	<ul style="list-style-type: none"> <li>Office of Community Partnerships</li> </ul>	<ul style="list-style-type: none"> <li>Sense of community</li> <li>Opportunities to attend cultural activities</li> <li>Volunteer opportunities</li> </ul>	<ul style="list-style-type: none"> <li>1-2 times annually – 9/16/13</li> </ul>
Employment	<ul style="list-style-type: none"> <li>DED</li> </ul>	<ul style="list-style-type: none"> <li>Employment opportunities</li> <li>Educational opportunities</li> </ul>	<ul style="list-style-type: none"> <li>Met 2 times since Senior Summit in 2008</li> </ul>
Safety	<ul style="list-style-type: none"> <li>MCPD</li> <li>MCFRS</li> <li>OCP</li> </ul>	<ul style="list-style-type: none"> <li>Feelings of safety</li> <li>Quality of police, fire, EMS, and other safety services</li> </ul>	<ul style="list-style-type: none"> <li>On average, every 6 weeks – 9/5/13*</li> </ul>
Communication and Outreach	<ul style="list-style-type: none"> <li>PIO</li> <li>MCPL</li> </ul>	<ul style="list-style-type: none"> <li>Availability of services for seniors</li> <li>Quality of public library and public information services</li> </ul>	<ul style="list-style-type: none"> <li>Unknown</li> </ul>

CountyStat recommends assessing meeting frequency of Workgroups, ensuring that meeting goals are set and followed, and that meeting minutes are kept and posted online in a consistent location.

\*Objectives, as defined by the Senior Sub-Cabinet and Workgroups and stated in the December 2009 CountyStat presentation on slide 11.

Sources for Meeting Frequency/date of last meeting: Meeting Minutes of Workgroups and conversations with members.

\*\*Meeting Minutes are not available.



# Senior Initiative Budget Overview (1/2)

Department	FY11*	FY12 Seniors only	FY13 Seniors only	FY14 Seniors only
HHS	\$18,780,320 (58.8%)	\$17,468,296 (61.8%)	\$21,538,055 (55.1%)	\$21,423,978 (56.7%)
REC	\$1,042,697	\$974,411	\$1,174,729	\$1,558,563
DOT- Transit	\$7,782,588 (53.4%)	\$7,938,769 (54.7%)	\$4,362,998 (100%)	\$8,329,420 (53.1%)
DHCA	\$12,500 (0%)	\$1,000,000 (6.8%)	\$1,500,000 (100%)	\$6,200,000 (100%)
MCFRS	-	-	-	\$50,000
MCPD	\$12,500	\$12,500	\$12,500	\$12,500
County Attorney	-	\$103,040	\$103,040	\$103,040
CFW/CEC	\$97,310 (100%)	\$78,360 (0%)	\$65,550 (100%)	\$65,550 (100%)
OHR	\$50,000	\$50,000	\$100,000	\$100,000
<b>Total Tax Supported</b>	\$16,706,654	\$16,687,021	\$19,693,889	\$25,172,494
Grants to community partners that provide services to seniors	-	-	\$600,000	\$1,397,822
<b>Total Tax Supported + Community Grants</b>	-	-	\$20,293,889	\$26,570,316

Note: Percentages in parentheses designates percent of total that comes from County Tax Supported funds.

Source: Montgomery County OMB \*Budget not differentiated for seniors only.



## Senior Initiative Budget Overview (2/2)

	FY11*	FY12 Seniors only	FY13 Seniors only	FY14 Seniors only
Total Non-Tax Supported Grant Fund	\$11,440,360	\$11,307,314	\$9,677,600	\$13,190,162
Total Tax Supported and Non-Tax Supported Resources ( <u>excluding</u> Community Grants)	\$28,147,014	\$27,994,335	\$29,371,489	\$38,362,656
Total Tax Supported and Non-Tax Supported Resources ( <u>including</u> Community Grants)	-	-	\$29,971,489	\$39,760,478

Beginning in FY12 for programs that served both seniors and the disabled, the percent of seniors served by the programs is applied to the appropriation to determine the seniors only appropriation. Therefore, the Senior Initiative budget (Total Tax-Supported + Community Grants) has increased by 59.2% since FY12.



Source: Montgomery County OMB \*Budget not differentiated for seniors only.

# HHS Programs & Budget (1/4)

Program	FY11*	FY12	FY13	% Change FY12-FY13	FY14	% Change FY13-FY14	Overall % Change FY12-FY14
Mental Health Services for Seniors and Persons with Disabilities	\$362,640	\$362,639	\$421,605	<b>16.3%</b>	\$421,605	<b>0.0%</b>	<b>16.3%</b>
Aging and Disability Services Resource Unit	\$309,380	\$172,761	\$182,465	<b>5.6%</b>	\$171,323	<b>-6.1%</b>	<b>-0.8%</b>
Senior Community Programs	\$1,397,440	\$1,289,593	\$1,378,303	<b>6.9%</b>	\$1,407,940	<b>2.2%</b>	<b>9.2%</b>
The Occupational Therapist initiative	\$121,320	\$120,170	\$120,170	<b>0.0%</b>	\$120,170	<b>0.0%</b>	<b>0.0%</b>
Senior Food Program	\$656,650	\$656,712	\$671,017	<b>2.2%</b>	\$661,211	<b>-1.5%</b>	<b>0.7%</b>
Adult Protective Services/SSTA/ Public Guardianship	\$2,267,590	\$2,376,207	\$2,683,846	<b>12.9%</b>	\$2,662,530	<b>-0.8%</b>	<b>12.0%</b>
The Adult Day Care Subsidies initiative	\$105,000	\$105,000	\$105,000	<b>0.0%</b>	\$105,000	<b>0.0%</b>	<b>0.0%</b>
Respite Services	\$317,130	\$317,132	\$323,249	<b>1.9%</b>	\$323,249	<b>0.0%</b>	<b>1.9%</b>
The Home Care Services program	\$2,140,630	\$2,004,664	\$2,148,648	<b>7.2%</b>	\$2,178,619	<b>1.4%</b>	<b>8.7%</b>
Senior Group Homes	\$90,000	\$90,000	\$90,000	<b>0.0%</b>	\$90,000	<b>0.0%</b>	<b>0.0%</b>
Adult Foster Care	\$598,460	\$638,741	\$571,663	<b>-10.5%</b>	\$574,956	<b>0.6%</b>	<b>-10.0%</b>

Source: Montgomery County OMB

\* Budget not differentiated for seniors only.





## HHS Programs & Budget (2/4)

Program	*FY11 People Served	FY12 People Served	% Change FY11-FY12	FY13 People Served	% Change FY12-FY13	Overall % Change People Served FY11-FY13
Mental Health Services for Seniors and Persons with Disabilities	307	369	<b>20.2%</b>	399	<b>8.1%</b>	<b>30.0%</b>
Aging and Disability Services Resource Unit	2,417	1,760	<b>-27.2%</b>	2,640	<b>50.0%</b>	<b>9.2%</b>
Senior Community Programs	1,685	1,825	<b>8.3%</b>	1,953	<b>7.0%</b>	<b>15.9%</b>
The Occupational Therapist initiative	132	108	<b>-18.2%</b>	155	<b>43.5%</b>	<b>17.4%</b>
Senior Food Program	5,200	5,368	<b>3.2%</b>	6,696	<b>24.7%</b>	<b>28.8%</b>
Adult Protective Services/SSTA/ Public Guardianship	1,076	930	<b>-13.6%</b>	1,034	<b>11.2%</b>	<b>-3.9%</b>
The Adult Day Care Subsidies initiative	20	20	<b>0.0%</b>	20	<b>0.0%</b>	<b>0.0%</b>
Respite Services	670	693	<b>3.4%</b>	582	<b>-16.0%</b>	<b>-13.1%</b>
The Home Care Services program	236	236	<b>0.0%</b>	208	<b>-11.9%</b>	<b>-11.9%</b>
Senior Group Homes	39	39	<b>0.0%</b>	25	<b>-35.9%</b>	<b>-35.9%</b>
Adult Foster Care	69	68	<b>-1.4%</b>	67	<b>-1.5%</b>	<b>-2.9%</b>



\*Budget not differentiated for seniors only.

# HHS Programs & Budget (3/4)

Program	FY11*	FY12	FY13	% Change FY12-FY13	FY14	% Change FY13-FY14	Overall % Change FY12-FY14
Ombudsman Services	\$350,960	\$363,274	\$376,210	3.6%	\$356,928	-5.1%	-1.7%
Home and Community Based Waiver Program	\$1,021,170	\$1,063,763	\$1,407,689	32.3%	\$1,526,762	8.5%	43.5%
Senior Dental Services	\$464,070	\$427,847	\$439,050	2.6%	\$439,080	0.0%	2.6%
The Medical Assistance Eligibility Services	\$532,050	\$599,536	\$941,541	57.0%	\$893,969	-5.1%	49.1%
Community Health Services (MA eligibility in Nursing Home Facilities)	\$312,460	\$213,233	\$0	-100.0%	\$0	-	-100.0%
Home Delivered meals	\$0	\$0	\$0	-	\$82,000	-	
Escorted Transportation Pilot project	\$0	\$0	\$0	-	\$55,000	-	
Shift Call N Ride Program to Recreation's JCA Senior Transportation project	\$0	\$0	\$0	-	(-\$142,500)**	-	
Manager - Village Coordinator position	\$0	\$0	\$0	-	\$69,501	-	
Increase mental health services for seniors	\$0	\$0	\$0	-	\$60,000	-	
Mobility Management Administrator	\$0	\$0	\$0	-	\$82,303	-	
<b>Total</b>	<b>\$11,046,950</b>	<b>\$10,801,272</b>	<b>\$11,860,456</b>	<b>9.8%</b>	<b>\$12,139,646</b>	<b>2.4%</b>	<b>12.4%</b>

The overall budget has increased 12.4% between FY12 and FY14.

Source: Montgomery County OMB

\*Budget not differentiated for seniors only. \*\*Funding transferred to Department of Recreation.



# HHS Programs & Budget (4/4)

Program	*FY11 People Served	FY12 People Served	% Change FY11-FY12	FY13 People Served	% Change FY12-FY13	Overall % Change FY11-FY13
Ombudsman Services**	237	182	-23.2%	147	-19.2%	-38.0%
Home and Community Based Waiver Program	384	423	10.2%	484	14.4%	26.0%
Senior Dental Services	572	732	28.0%	716	-2.2%	25.2%
The Medical Assistance Eligibility Services	686	686	0.0%	686	0.0%	0.0%
Community Health Services (MA eligibility in Nursing Home Facilities)	1,960	1,960	0.0%	1,960	0.0%	0.0%
The data below is for FY14 budgetary changes only.						
Home Delivered meals	NA	NA	-	NA	-	-
Escorted Transportation Pilot project	NA	NA	-	48	-	-
Shift Call N Ride Program to Recreation's JCA Senior Transportation project	NA	NA	-	NA	-	-
Manager - Village Coordinator position	NA	NA	-	NA	-	-
Increase mental health services for seniors	NA	NA	-	NA	-	-
Mobility Management Administrator	NA	NA	-	NA	-	-
<b>Total</b>	<b>15,690</b>	<b>15,399</b>	<b>-1.9%</b>	<b>17,820</b>	<b>15.7%</b>	<b>13.6%</b>

\*Budget not differentiated for seniors only. \*\*Ombudsman Services counts are “number of cases closed.”  
Ombudsman Services are provided to all nursing home residents in the County.



## REC Programs & Budget (1/3)

Program	FY11*	FY12	% Change FY11-FY12	FY13	% Change FY12-FY13	FY14	% Change FY13-FY14	Overall % Change FY12-FY14
Long Branch Senior Center	\$111,140	\$111,140	0.0%	\$112,099	0.9%	\$107,194	-4.4%	-3.6%
Damascus Senior Center	\$119,440	\$119,440	0.0%	\$119,440	0.0%	\$120,029	0.5%	0.5%
Schweinhaut Senior Center	\$140,838	\$140,838	0.0%	\$182,098	29.3%	\$191,970	5.4%	36.3%
Holiday Park Senior Center	\$159,500	\$159,500	0.0%	\$182,910	14.7%	\$198,072	8.3%	24.2%
Senior Neighborhood Programs	\$303,695	\$212,468	-30.0%	\$224,649	5.7%	\$243,716	8.5%	14.7%
White Oak Community Recreation Center Senior programs	\$0	\$0	-	\$117,120	-	\$113,457	-3.1%	-
Senior Outdoor Adventure Recreation**	\$208,084	\$231,025	11.0%	\$236,413	2.3%	\$240,255	1.6%	4.0%
JCA Senior Transportation Proposal (see DOT for partial offset \$)	\$0	\$0	-	\$0	-	\$318,750	-	-
Senior Mini Trips	\$0	\$0	-	\$0	-	\$25,120	-	-
<b>Total</b>	<b>\$1,042,697</b>	<b>\$974,411</b>	<b>-6.5%</b>	<b>\$1,174,729</b>	<b>20.6%</b>	<b>\$1,558,563</b>	<b>32.7%</b>	<b>59.9%</b>

The overall budget for Recreational services and programs increased by 59.9% from FY12 to FY14.



Source: Montgomery County OMB

\*Budget not differentiated for seniors only.

## REC Programs: Number of People Served (2/3)

Program	FY11 People Served	FY12 People Served	% Change FY11-FY12	FY13 People Served	% Change FY12-FY13	Overall % Change FY11-FY13
Long Branch Senior Center	30,899	32,260	4.4%	34,053	5.6%	10.2%
Damascus Senior Center	13,629	13,880	1.8%	14,068	1.4%	3.2%
Schweinhaut Senior Center	94,402	99,667	5.6%	104,898	5.2%	11.1%
Holiday Park Senior Center	118,266	124,836	5.6%	131,406	5.3%	11.1%
Senior Neighborhood Programs	198,891	155,648	-21.7%	172,322	10.7%	-13.4%
White Oak Community Recreation Center Senior programs	0	0		17,895*		
Senior Outdoor Adventure Recreation**	3,440	3,500	1.7%	3,600	2.9%	4.7%
JCA Senior Transportation Proposal (see DOT for partial offset \$)	0	0	-	0	-	-
Senior Mini Trips	0	0	-	0	-	-
<b>Total</b>	<b>459,527</b>	<b>429,791</b>	<b>-6.5%</b>	<b>478,242</b>	<b>11.3%</b>	<b>4.1%</b>

Overall, it appears that Senior Centers and Programs saw a slight increase in attendance from FY11 to FY13, although the accuracy of the number of people served cannot be verified.

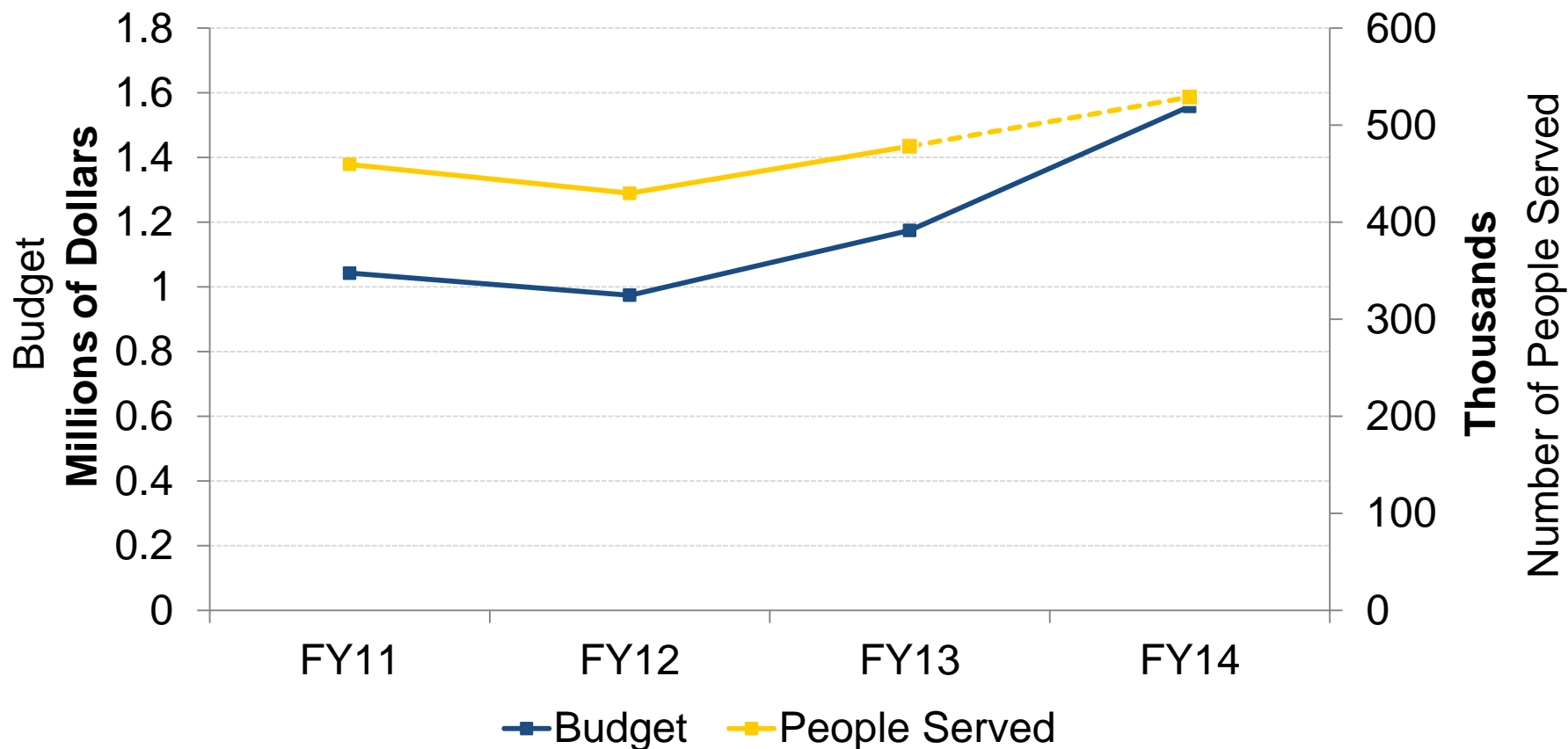
Source: Department of Recreation's quarterly attendance reports, updates from staff, CLASS, and estimates from staff.

\*November 2012-June 2013

\*\*Program is self-supporting & has an annual waitlist of 1,200 people



## REC Programs & Budget (3/3)



Note: Projection does not include JCA Transportation Program



# Transit Services/DOT Programs & Budget (1/3)

Program	FY11	FY12	% Change FY11-FY12	FY13	% Change FY12- FY13	FY14	% Change FY13- FY14	Overall % Change FY12-FY14
Call N Ride Program - subsidized taxi for low-income seniors	\$3,867,718	\$4,052,709	<b>4.8%</b>	\$4,071,118	<b>0.5%</b>	\$4,096,490	<b>0.6%</b>	<b>1.1%</b>
JCA/Connect A Ride - comprehensive outreach and transportation travel training	\$153,860	\$153,860	<b>0.0%</b>	\$153,860	<b>0.0%</b>	\$153,860	<b>0.0%</b>	<b>0.0%</b>
Special Transportation - comprehensive outreach, addresses transportation mobility concerns Note: This is operating expenses for taxi service.	\$58,800	\$58,800	<b>0.0%</b>	\$58,800	<b>0.0%</b>	\$45,000	<b>-23.5%</b>	<b>-23.5%</b>
Ride On & Metro Bus - Seniors/Disabled Ride Free Program week days from 9:30 am to 3 pm	\$79,220	\$79,220	<b>0.0%</b>	\$79,220	<b>0.0%</b>	\$128,240	<b>61.9%</b>	<b>61.9%</b>
<b>Total</b>	<b>\$4,159,598</b>	<b>\$4,344,589</b>	<b>4.4%</b>	<b>\$4,362,998</b>	<b>0.4%</b>	<b>\$4,423,590</b>	<b>1.4%</b>	<b>1.8%</b>

The budget for Transit Services is up 1.8% from FY12 to FY14.

Note: Table reflects Appropriations. There is an estimated loss of revenue to Ride On for free fare period: FY11=\$697,527; FY12=\$687,863; FY13=\$682,812.

Funding Appropriation Source: Montgomery County OMB



## Transit Services/DOT Programs & Budget (2/3)

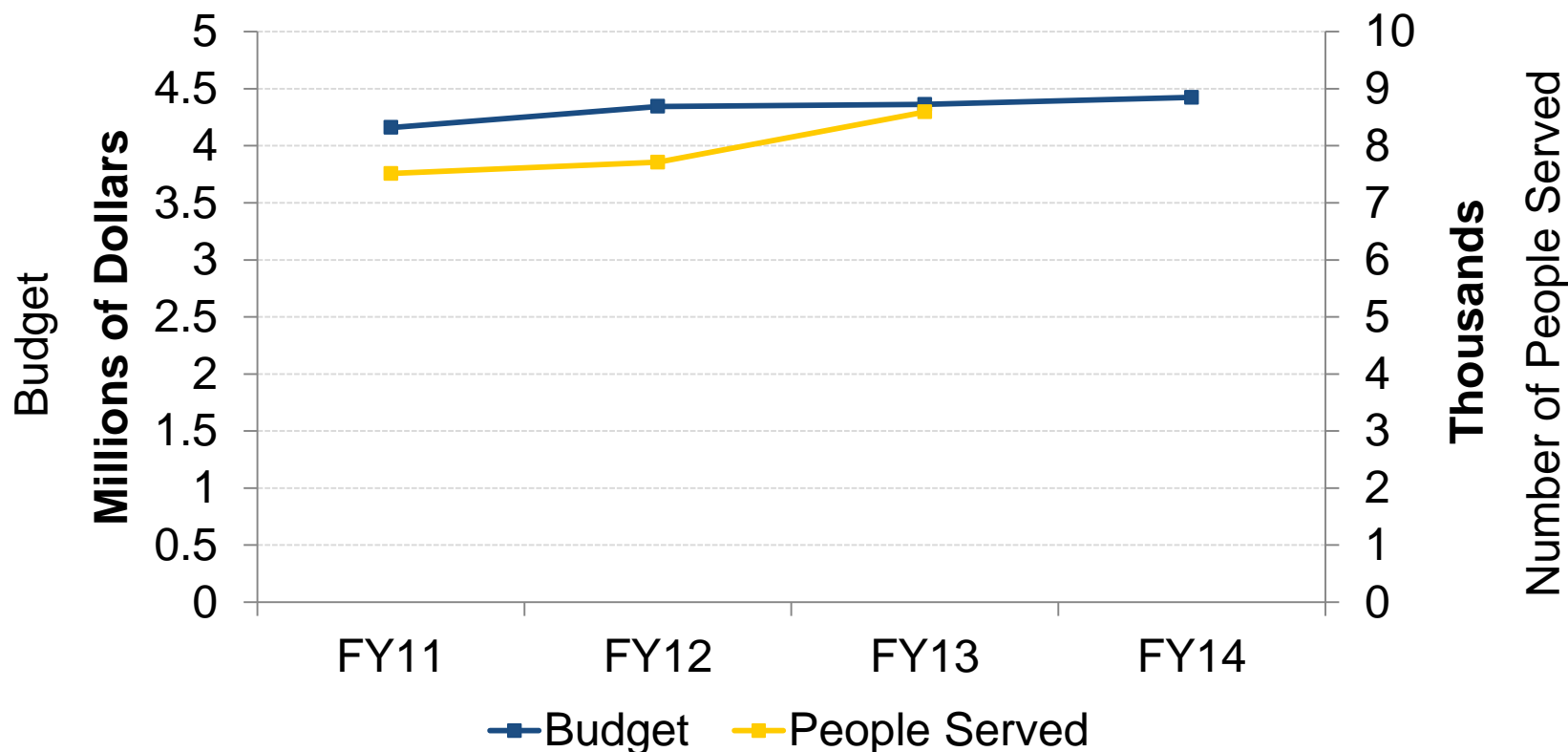
Program	FY11 People Served	FY12 People Served	% Change People Served FY11-FY12	FY13 People Served	% Change People Served FY12-FY13	Overall % Change People Served FY11-FY13
Call N Ride Program - subsidized taxi for low-income seniors	4,804	4,819	0.3%	4,922	2.1%	2.5%
JCA/Connect A Ride - comprehensive outreach and transportation travel training	2,653	2,843	7.2%	3,612	27.0%	36.1%
Special Transportation - comprehensive outreach, addresses transportation mobility concerns Note: This is operating expenses for taxi service.	55	49	-10.9%	61	24.5%	10.9%
Ride On & Metro Bus - Seniors/Disabled Ride Free Program week days from 9:30 am to 3 pm (reflects number of trips)	891,966	969,475	8.7%	924,459	-4.6%	3.6%
<b>Total (number of people served, excluding number of Ride On &amp; Metro Bus trips)</b>	<b>7,512</b>	<b>7,711</b>	<b>2.6%</b>	<b>8,595</b>	<b>11.5%</b>	<b>14.4%</b>

The Call-N-Ride Program, which has the largest budget, experienced a 2.5% growth in the number of people served.





## Transit Services/DOT Programs & Budget (3/3)



CountyStat recommends improved tracking of mode of transportation use and location in the County and using that data to ensure effective and efficient use of transportation options.



## DHCA Programs & Budget

Program	FY11	FY12	FY13	FY13 Total Units Produced/Preserved	FY14
Silver Spring Library Senior Housing Investment Fund	-	\$0	\$1,500,000	-	\$4,500,000
Add \$1,700,000 in funding for rental assistance for seniors to subsidize the 60% rents of approximately 15 seniors to 30% rent levels	-	\$0	\$0	-	\$1,700,000
St. Camillus (aka Victory Oaks) is a FY12 transaction which will produce 48 units of senior housing serving households at or below 50% of the median income. Total county funding is \$1,000,000 from two sources including \$932,000 from the federally-funded HOME Program and \$68,000 from the County-funded Montgomery Housing Initiative Fund	-	\$68,000 (HIF) \$932,000 (HM)	\$0	49 total units 48 units serving residents earning 50% or less of AMI	\$0
<b>Total</b>	-	<b>\$1,000,000</b>	<b>\$1,500,000</b>	-	<b>\$6,200,000</b>

DHCA budget has increased by 520%.



Budget information provided by DHCA.

# CEC Budget for RSVP (Retired and Senior Volunteer Program)

CEC Program	FY11	FY11 Volunteers	FY12*	FY12 Volunteers	FY13	FY13 Volunteers	FY14	% Change FY12-FY14
Continue RSVP leadership (backfill RSVP grant reduction)	\$5,873	600	\$28,916	550	\$23,550	550	\$26,554	-8.2%
Volunteer Hours Provided	-	-	-	13,000	-	16,000	-	-

While the overall budget for the RSVP program decreased by 8.2%, the program increased the number of volunteer hours provided by 23%.

Source: Montgomery County Community Partnerships. RSVP is a nationwide program for individuals over the age of 55 to assist seniors in finding rewarding volunteer opportunities. RSVP volunteers are trainers for the 55+ Bone Builders programs, they partner with AARP's Tax-Aide program, and provide other service supports.



## MCPD Program & Budget

MCPD Program	FY11 People Served	FY11	FY12 People Served	FY12	FY13 People Served	FY13	FY14
Project Lifesaver Program - total program \$25,000 (50% for seniors)		\$12,500		\$12,500		\$12,500	\$12,500
<b>Total</b>		<b>\$12,500</b>		<b>\$12,500</b>		<b>\$12,500</b>	<b>\$12,500</b>

Program staff conduct, on average, 20-30 phone calls and/or home visits per month. Over 100 bracelets have been placed on seniors with Alzheimer's/Dementia since 2005.

Project Lifesaver includes placing tracking bracelets on residents with Alzheimer's/Dementia, conducting community outreach and education efforts, and follow-up phone calls or home visits.



# MCFRS and SAO Programs & Budget

MCFRS Program	FY11 People Served	FY11	FY12 People Served	FY12	FY13 People Served	FY13	FY14
Provides contractual services for a Senior Citizen Fire/Life Safety Educator (Safety Educator)							<b>\$50,000</b>

SAO Program	FY11 Number of Cases	FY11	FY12 Number of Cases	FY12	FY13 Number of Cases	FY13	FY14
Prosecutes financial fraud, especially against the elderly Senior Financial Exploitation Prevention Initiative (50% of cases are for elders) Special Prosecutions Division		<b>\$297,599</b>		<b>\$333,209</b>		<b>\$514,616</b>	<b>\$519,605</b>

Information is pending from Departments.



## CFW and OHR Programs & Budget

CFW Program	FY11 People Served	FY11	FY12 People Served	FY12	FY13 People Served	FY13	FY14
Group Training Seminars (41% of clients are seniors in this service area)		\$26,400		\$0		\$0	\$0
Individual and Couples Counseling (29% of clients are seniors in this services area)		\$70,910		\$0		\$42,000	\$42,000
<b>Total</b>		<b>\$97,310</b>		<b>\$0</b>		<b>\$65,550</b>	<b>\$65,550</b>

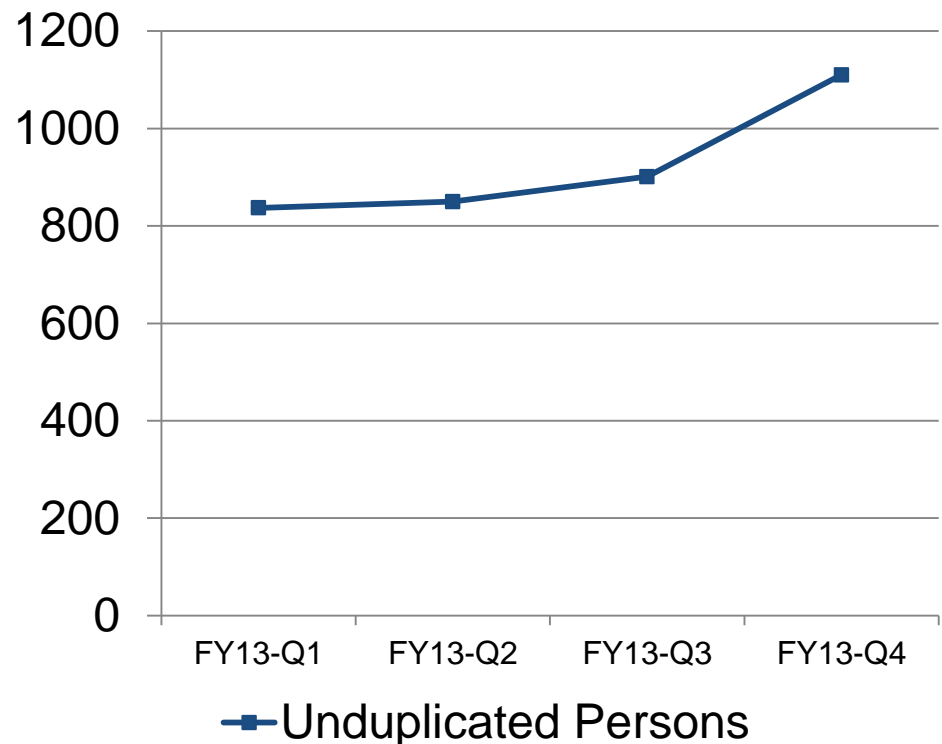
OHR Program	FY11 People Served	FY11	FY12 People Served	FY12	FY13 People Served	FY13	FY14
Add 50,000 for Senior Fellow expansion		\$50,000		\$50,000		\$100,000	\$100,000

Information is pending from Departments.



# Aging and Disability Resource Unit (ADRU)

- Provides resources to help people remain in the community safely and independently
- Staff are available during regular business hours (and extended hours 3 days per week) to answer questions about Montgomery County's available services to seniors
- Contact can be made by:
  - Phone
  - Walk-in
  - Community Presentations



Federal Fiscal Year 2013 – October 2012-September 2013

ADRU has seen an increase in the number of people calling/walking in seeking assistance. To ensure ADRU handles volume efficiently and effectively, CountyStat recommends that ADRU partner with MC311 to address data collection needs. Initial discussions between ADRU and MC311 have taken place and actions steps are being identified.



Source: ADRU Data FY13 State Quarterly Report

# Villages: Neighbors Helping Senior Neighbors, Enabling Seniors to Remain Connected to their Community Throughout the Aging Process

## ▪ Village to Village Network (VtV)

- “VtV is a national peer to peer network to help establish and continuously improve management of their own villages whether in large metropolitan areas, rural towns or suburban settings.”
- “The mission of VtV is to enable communities to establish and effectively manage aging in community organizations initiated and inspired by their members.”
- Located in Arlington, VA

## ▪ Village Blueprint – Building a Community For All Ages

- “How to start a Village” – Authored by Leslie Marks, in collaboration with the Bethesda-Chevy Chase Regional Services Center 2010

CountyStat recognizes the value of the establishment of senior Villages and recommends these resources for guidance.

Source: Village to Village Network at [www.vtvnetwork.org](http://www.vtvnetwork.org)

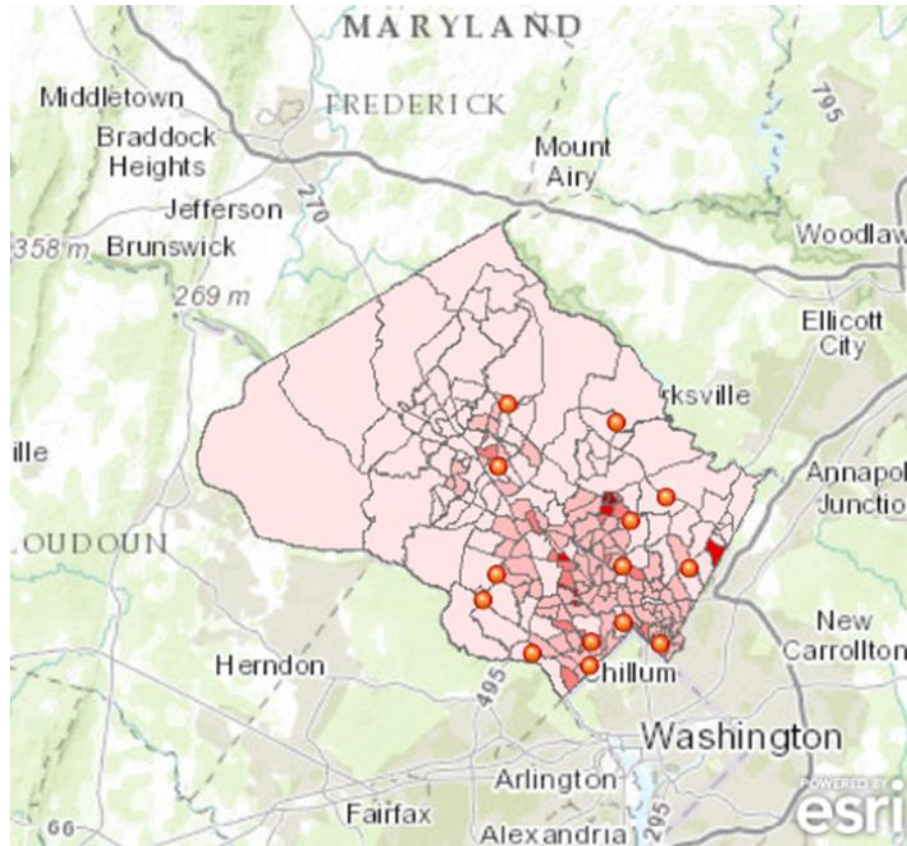
Village Blueprint: [www.montgomerycountymd.gov/bcc/resources/files/finalvillageblueprint\\_2011.pdf](http://www.montgomerycountymd.gov/bcc/resources/files/finalvillageblueprint_2011.pdf)





# Senior Activities at-a-glance:

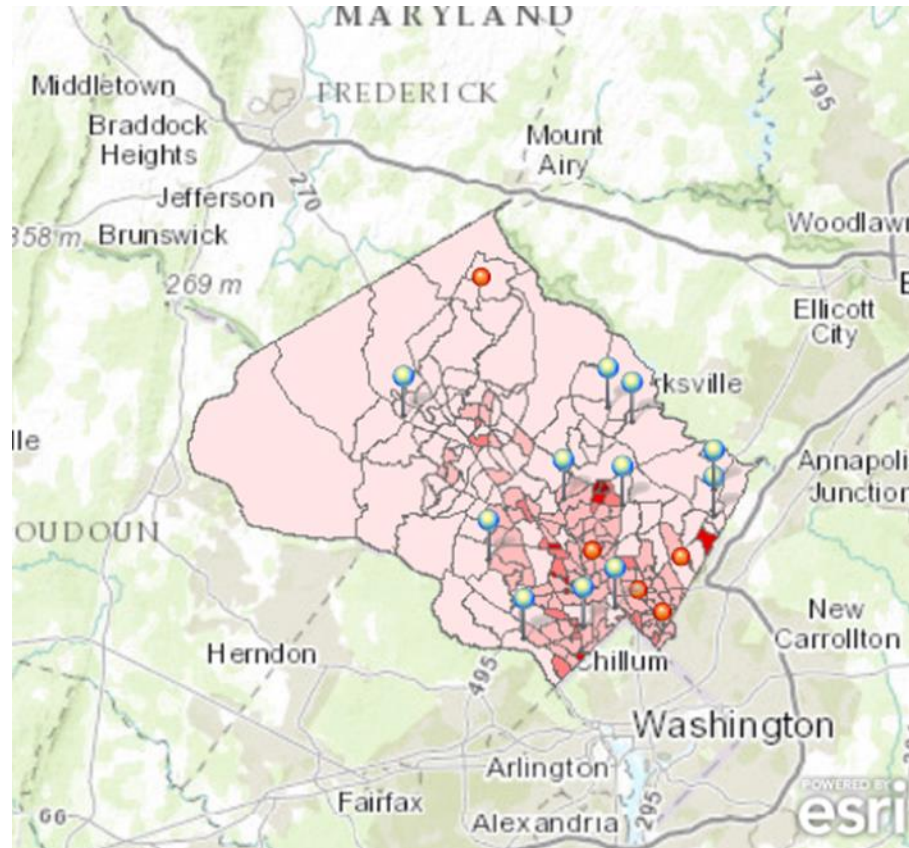
## Montgomery County 65+ Population Density and 55+ Bone Builder Program Location Sites



Source: U.S. Census Data on 65+ Population 2010

# Senior Activities at-a-glance:

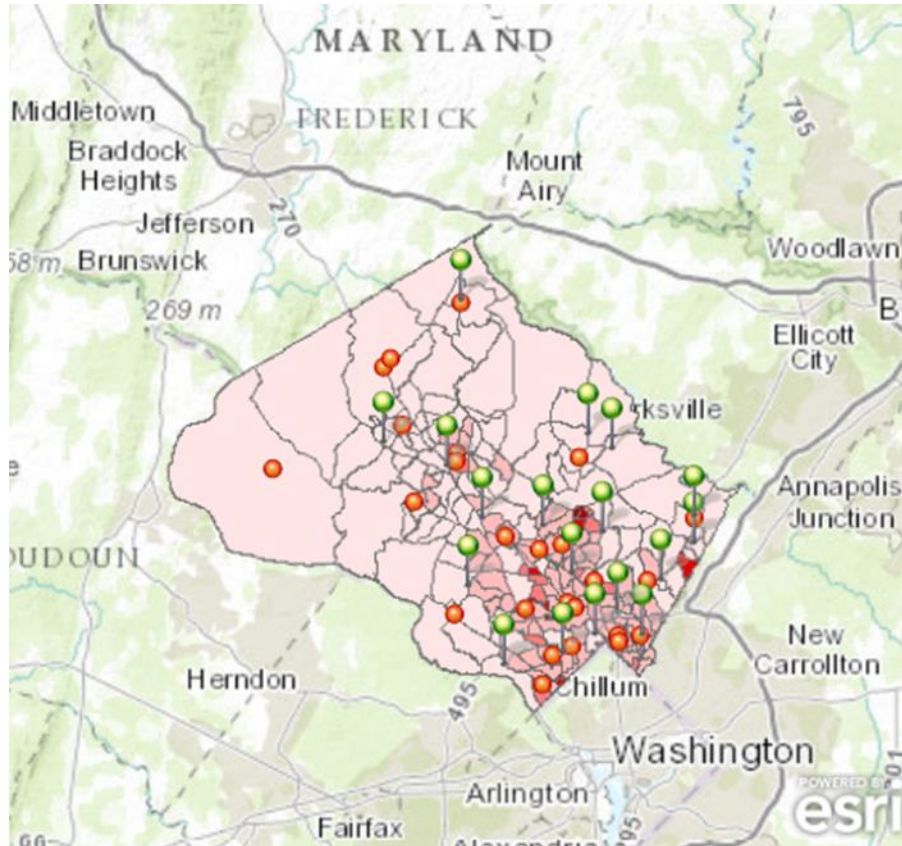
Montgomery County 65+ Population Density with Senior Center Locations and Number of Seniors Served, as well as Community Centers



Source: U.S. Census Data on 65+ Population 2010

# Senior Activities at-a-glance:

## Montgomery County 65+ Population Density with Senior Centers, Community Centers, and Libraries

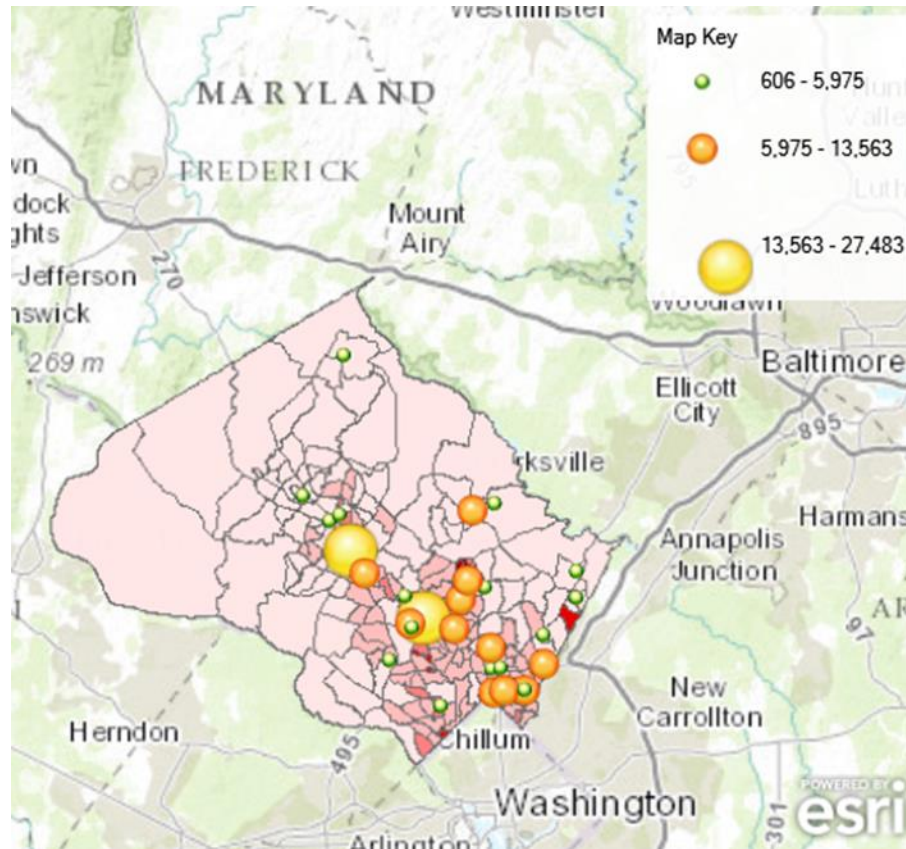


Source: U.S. Census Data on 65+ Population 2010



# Senior Activities at-a-glance:

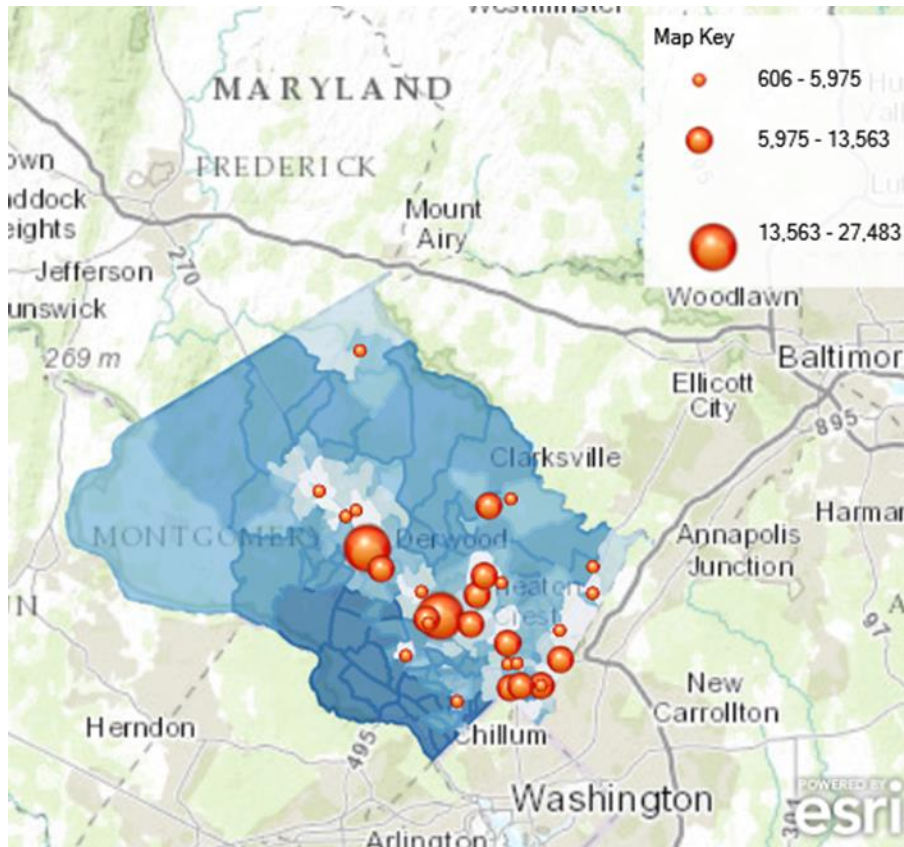
Montgomery County 65+ Population Density and Senior Nutrition Sites and the Number of Meals Served FY13 (1/2)



Source: U.S. Census Data on 65+ Population 2010

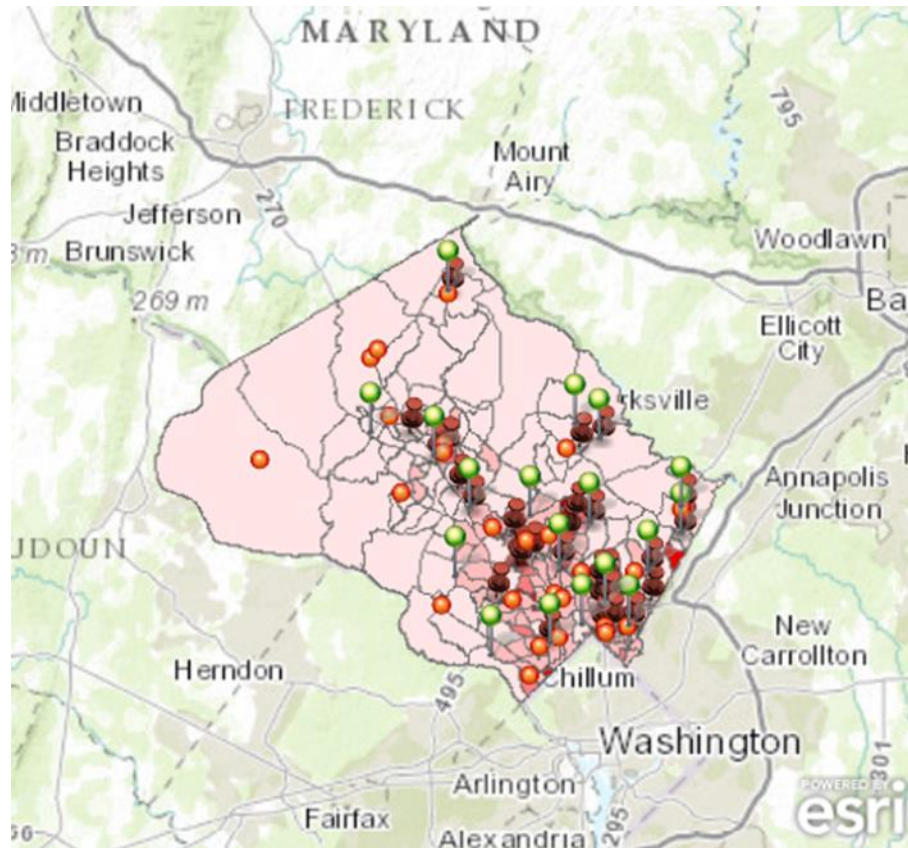
# Senior Activities at-a-glance:

Montgomery County Median Household Income Density with Senior Nutrition Sites and the Number of Meals Served FY13 (2/2)



U.S. Census Data on Median Household Income 2011

## Senior Activities at-a-glance: Montgomery County 65+ Population Density and Senior Nutrition Sites, Senior & Community Centers, and Libraries



Source: U.S. Census Data on 65+ Population 2010

# Next Steps



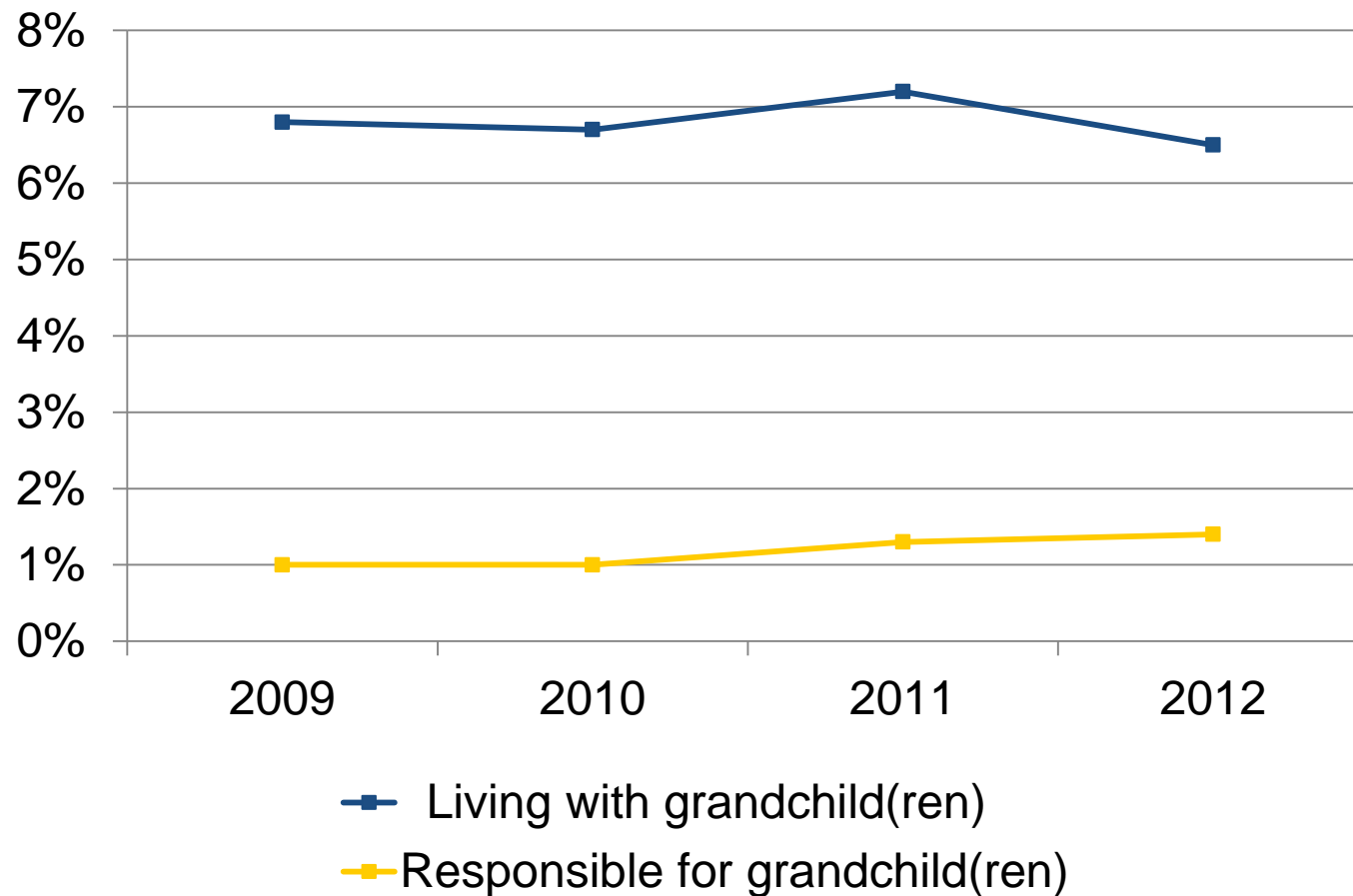
## Appendix A:

- **Additional Demographic Data of Montgomery County's 60+ Population**
  - Percent living with grandchildren
  - Place of birth
  - Number living with a disability
  - Number living on income subsidies





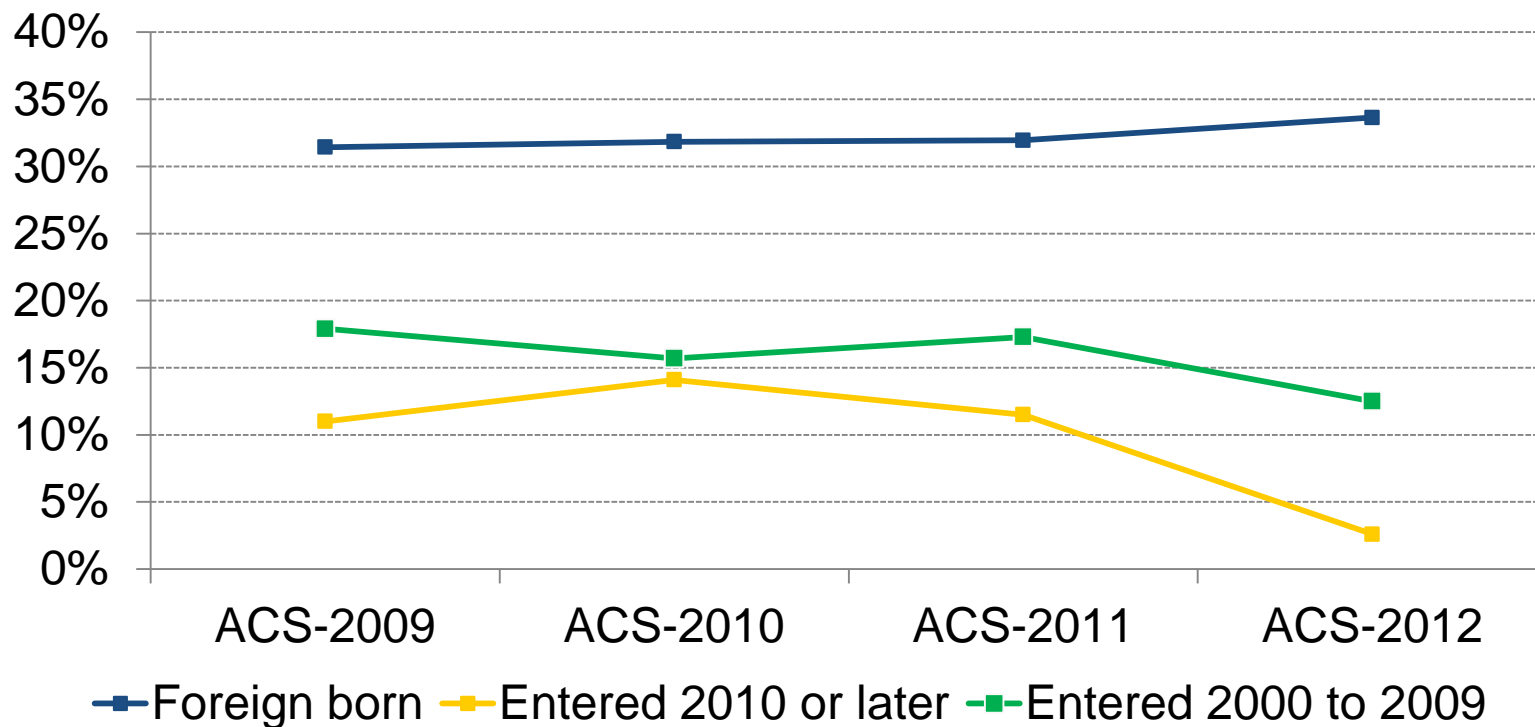
## Percent of Montgomery County's 60+ Population Living with their Grandchildren



Source: U.S. Census data, ACS 2009-2012



## Place of Birth Demographics of Montgomery County's 60+ Population

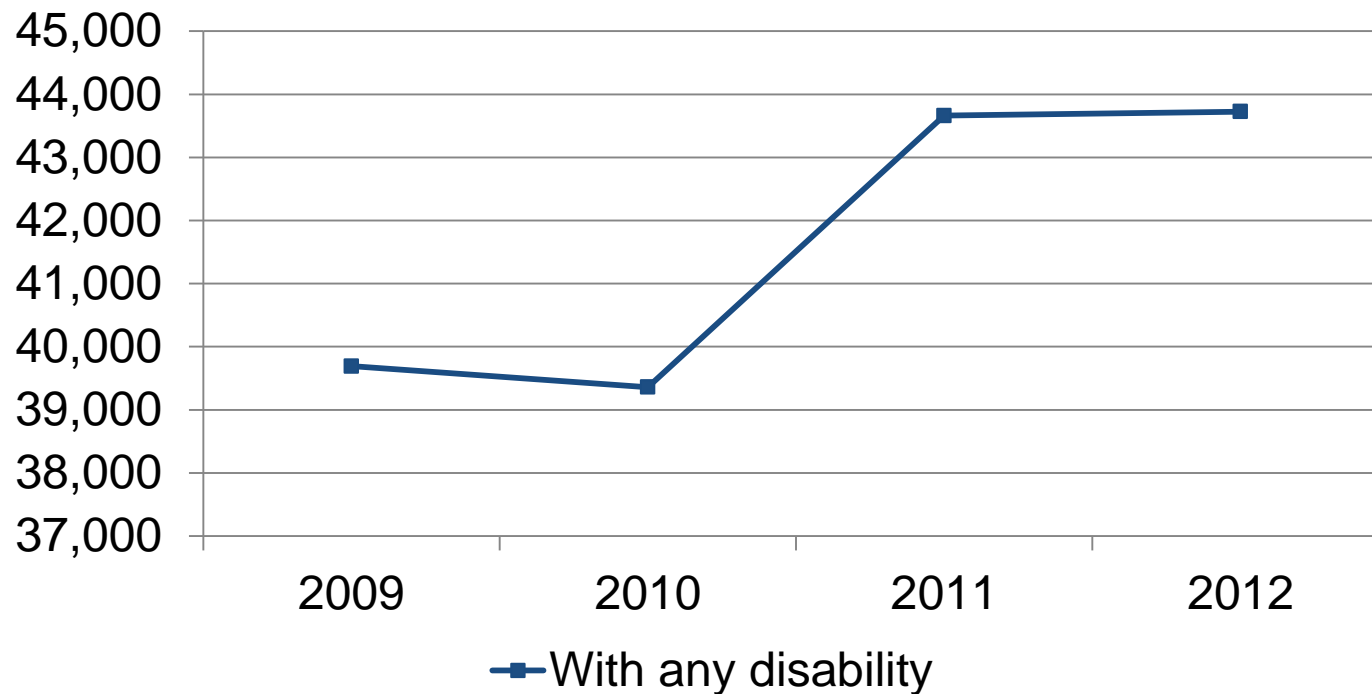


	ACS-2009	ACS-2010	ACS-2011	ACS-2012
Total Foreign born	54,647	55,105	59,406	63,442
Entered 2010 or later	6,011	7,770	6,832	1,649
Entered 2000 to 2009	9,782	8,651	10,277	7,930
Entered before 2000	38,854	38,684	42,297	53,799

Source: U.S. Census data, ACS 2009-2012



# Number of Montgomery County's 60+ Population Living with a Disability



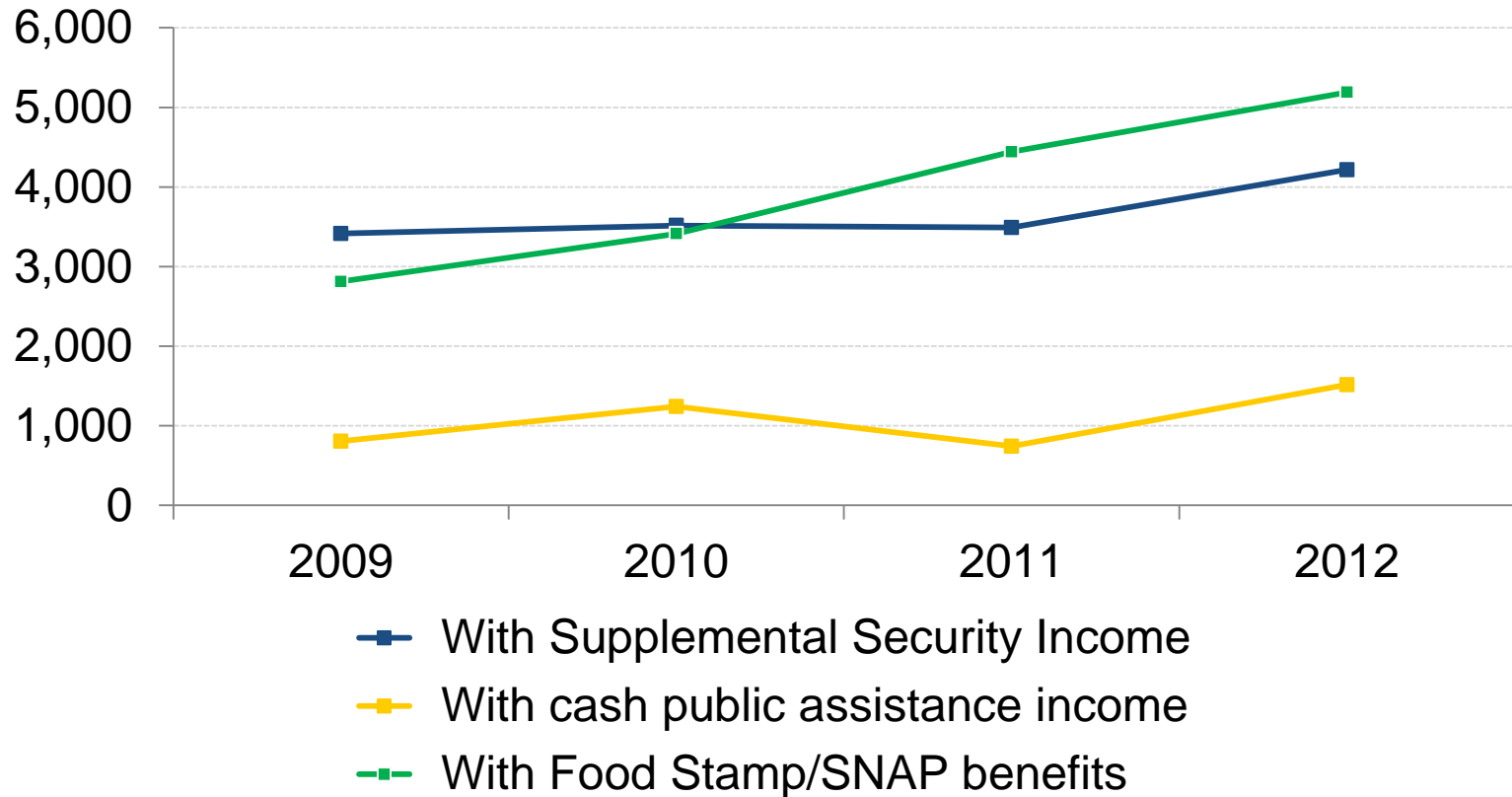
	ACS-2009	ACS-2010	ACS-2011	ACS-2012
Institutionalized**	4,972	3,415	4,045	4,085

Source: U.S. Census ACS 1-year estimates for Montgomery County 60+ Population 2009-2012.

\*\*"Civilian Non-institutionalized Population: All U.S. civilians not residing in institutional group quarters facilities such as correctional institutions, juvenile facilities, skilled nursing facilities, and other long-term care living arrangements." ([U.S. Census Terms and Definitions](#))



# Number of Montgomery County's 60+ Population Living on Income Subsidies



Source: U.S. Census data, ACS 2009-2012

## **Appendix B: Presentation Created by HHS**

# **Accomplishments of the Senior Sub-Cabinet and Workgroups**



# **Sub-Cabinet on Senior Vital Living**

## **Appendix B: Senior Sub-Cabinet Workgroup Accomplishments**

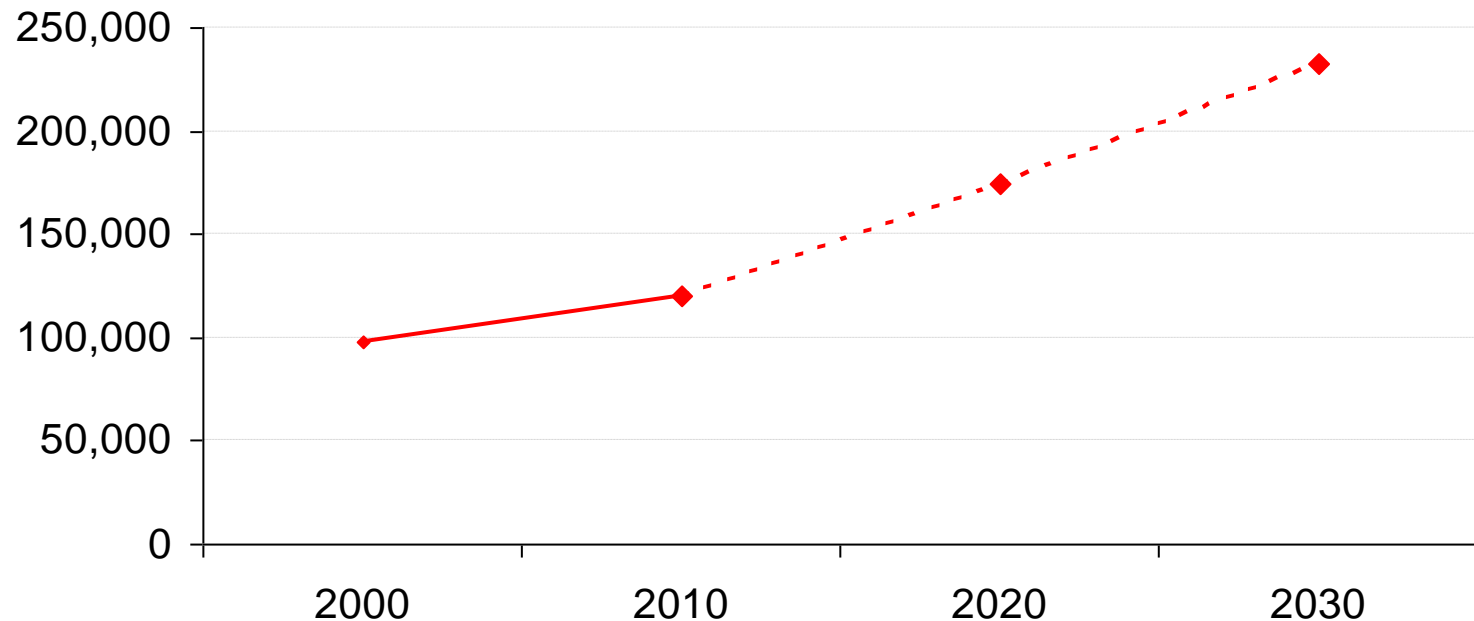
Uma Ahluwalia, Director, DHHS  
Gabriel Albornoz, MCRD  
Co-Chairs



# Seniors in Montgomery County

## Overview of Demographic Data

Senior Population Projection, Age 65+  
Montgomery County



There is a 45% projected increase in the senior population in Montgomery County between 2010 and 2020, and a 34% projected increase between 2020 and 2030.



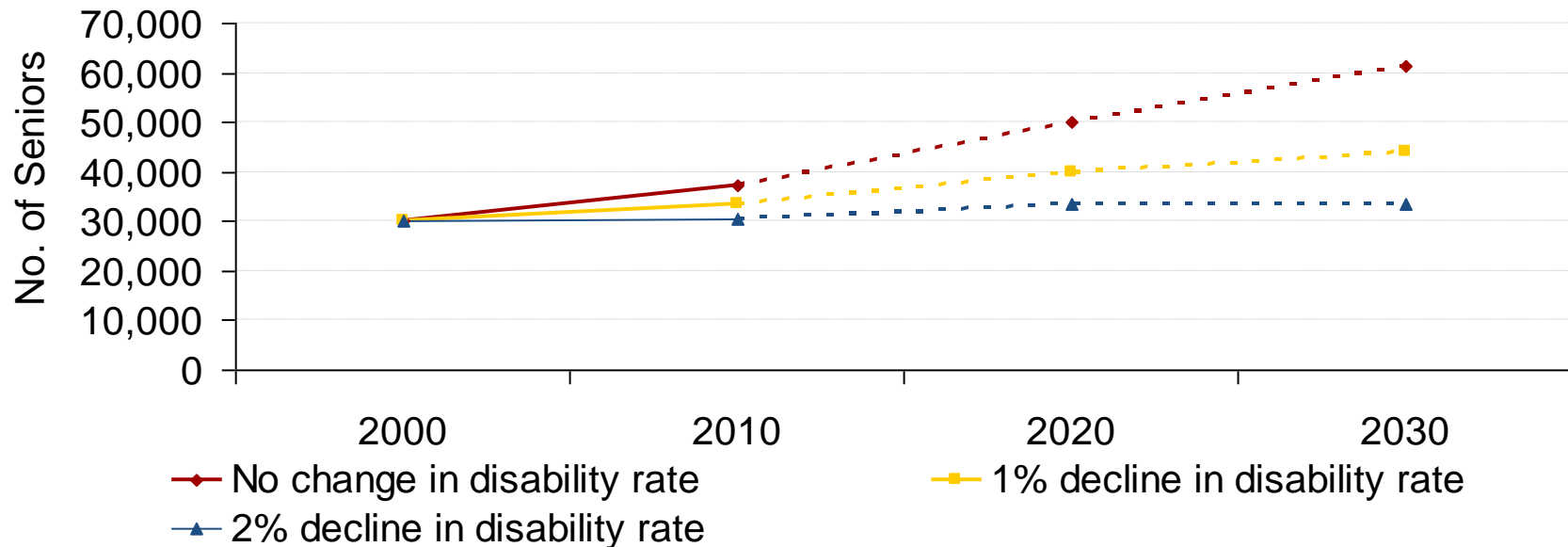
Source: US Census Bureau 2012 ACS Estimates.

# Seniors in Montgomery County

## Overview of Demographic Data

Increase in Seniors with Disabilities:

Projected Number with Self-Reported Disability, Age 65+, Montgomery County



In the least optimistic displayed projection (red), the rate of disability would hold constant, but due to the population increase of seniors the number of disabled seniors would virtually double by 2030.

*Note: The graphic shows three different projections on disability prevalence among seniors in future years based on different assumptions.*





## **Seniors 65+ and Poverty in Montgomery County**

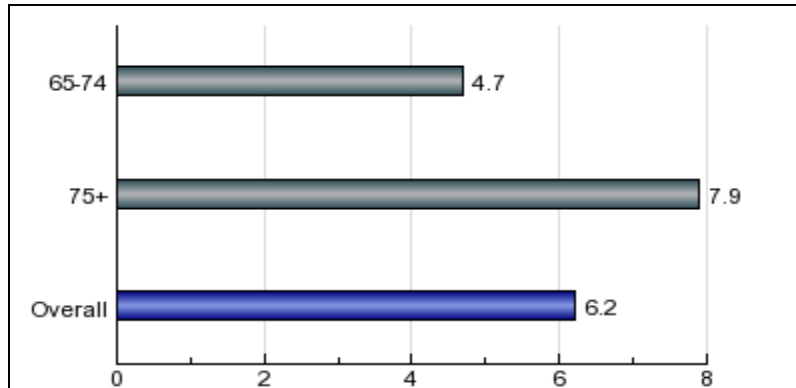
- In 2012, 6.5% of seniors in Montgomery County lived at or below the federal poverty level (FPL). This percentage remained about the same between FY09-FY12.
- In the past 5 years, the overall County poverty level was about equal to that of the senior population poverty level.
- The percentage of seniors living at or below the FPL in Maryland is slightly higher than the percentage living at or below the FPL in Montgomery County.



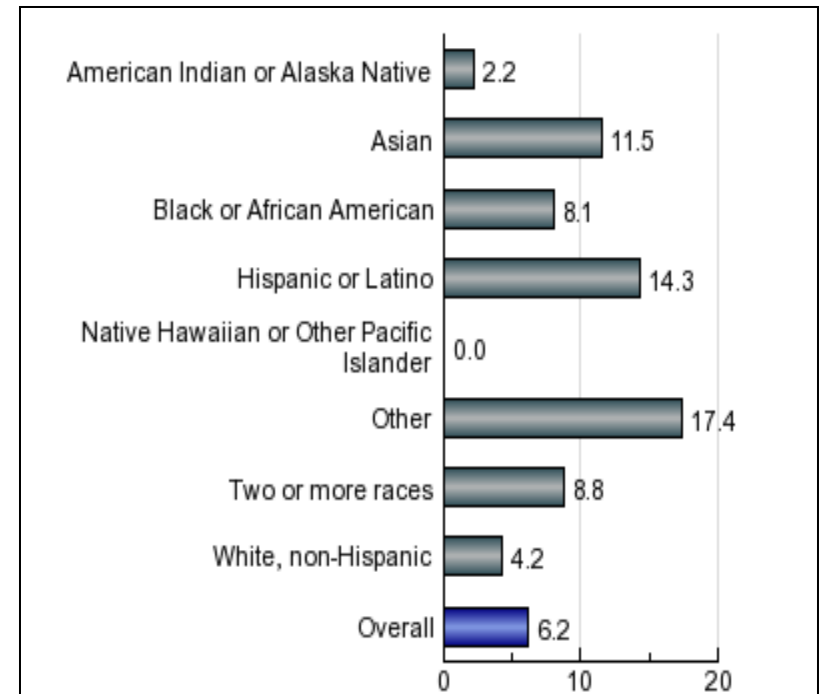
# Seniors 65+ Poverty in Montgomery County Differs by Population Subgroup

(all charts show percentage of subgroup below poverty level)

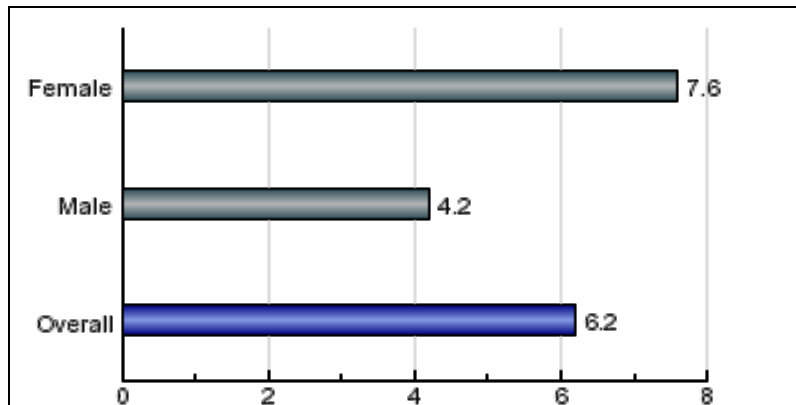
People 65+ Living Below Poverty Level by Age



People 65+ Living Below Poverty Level by Race/Ethnicity



People 65+ Living Below Poverty Level by Gender



Source: US Census Bureau, 2007-2011 5 year estimate



## Economic Security v. Federal Poverty Level

The high cost of living in Montgomery County serves as an additional challenge for the more than 7,500 seniors living at or below the poverty threshold in the County in 2012. When annual expenses are calculated for housing, food, transportation, healthcare, and other essentials, the amount needed for seniors to maintain economic security in the County is about 33% higher than the FPL.

	Single 65+	Couple 65+
US Poverty Threshold	\$11,011	\$13,878
Montgomery County Average Yearly Expenses*	\$30,380	\$40,844

\*These expenses are for seniors in excellent health. The average yearly expenses needed to live in Montgomery County are about \$3,000 higher for seniors in poor health.

Sources: US Census Bureau, 2012; WOW-GI National Elder Economic Security Standard, 2006.



## **65+ Access to Affordable Health Care in Montgomery County**

- **About 2,700 seniors reported having a time in the past 12 months when they were unable to afford to see a doctor.**
- **98.3% of seniors reported having a routine checkup.**
- **67.3% of seniors reported having both public and private health insurance.**
- **2.7% of seniors reported having no health insurance.**

Source: Maryland Behavioral Risk Factor Surveillance System, 2011.



# Housing and Zoning



# Senior Housing

## Completed Senior Housing

- The 86 unit Victory Court Independent Living project in Rockville, developed on County-owned land, was dedicated on October 24, 2013.

## Planned Senior Housing

- The FY14 approved budget provides \$5 million for development of independent living senior housing in White Oak. Victory Housing has been authorized to begin the development process for approximately 100 units.

## Proposed Senior Housing

- Negotiations are underway with WMATA to purchase property adjacent to the Glenmont Metro Station for approximately 100 senior units. The project will use approximately \$5 million in FY13 funding.



# Senior Housing

## **Proposed Senior Housing cont.**

- Plans are being made to include 300 units of affordable senior housing on top of the new fire station to be built in White Flint.
- The Department of Housing and Community Affairs (DHCA) has had discussions with three developers concerning three additional senior developments in the planning stages.
  - DHCA plans to use rental assistance funding to enable three senior projects to lower the income threshold for approximately 20 units in each development to reach more needy individuals/families.

## **Medical Services Pilot Program**

- DHCA, HHS, and senior service providers continue to work on a pilot program for wrap-around long-term services and supports for senior housing.



# Transportation and Mobility





- **The County continues to provide free Ride On and Metrobus service for seniors, Mondays-Fridays, from 9:30am to 3:00pm. In addition, seniors pay half of the regular fares during peak hours.**
- **Senior Program Transportation uses Ride On buses to transport seniors to senior centers, recreation centers and shopping centers throughout the County.**
- **The Call-n-Ride (CNR) program provides subsidized taxicab service for low-income seniors and people with disabilities.**
  - At the beginning of FY14, there were 4,800 Call-n-Ride participants, 70% of whom are seniors.
  - The Call-n-Ride program transitioned to a swipe card system on April 1, 2013.
- **The County continues its contract with Jewish Council for the Aging/Connect-A-Ride to provide comprehensive outreach and information on transportation resources and travel training to seniors.**
- **In FY13, the County funded an escorted transportation pilot program to fill gaps in service left by other programs. Funding for this program doubled in FY14.**



- **The County constructed a variety of intersection and corridor projects to improve pedestrian safety for seniors by slowing traffic speeds and improving the visibility or operation of pedestrian crossings. These include:**
  - Installation of bump-outs;
  - Pedestrian rescue islands;
  - New crosswalks;
  - Pavement markings;
  - Traffic calming; and
  - Restriping.
- **The County continues to make ongoing improvements to bus shelters to improve accessibility to passenger facilities for seniors. These include improved lighting, sidewalk repairs, and installation of ADA ramps and pads.**
- **Effective January 2014, the County Recreation Department will contract with JCA for transportation services to five senior centers. This will replace Ride-On buses that are currently used for this purpose.**
- **The County conducted Pedestrian Road Safety audits of several intersections and implemented improvements to enhance access for seniors.**



## Transportation Services: Grants Received in FY2013

Grant	Collaborators	Funding Source	Amount	Duration	Goal
"Village Rides Program-A Volunteer Driver Program for Villages"	Jewish Council for Aging (JCA) and the Senior Connection	Transportation Planning Board (federal)	\$200,000	Two years	Reduce the need for formal transportation services and save elderly residents out-of-pocket costs for taxis.
"Getting All Around the County"	Commission on Aging and the Senior Subcabinet Workgroup on Transportation	US Administration for Community Living; managed in partnership with the Federal Transit Administration; administered by the Community Transportation Association of America in partnership with Easter Seals, the National Association of Area Agencies on Aging and Westat.	\$14,500	Six months	Increase the input of older adults and people with disabilities in identifying their transportation needs and in making recommendations for improvements and changes.

- A&D also received funding for a new Mobility and Transportation Coordinator Position in FY2013.



## “Getting All Around the County” Data

- **Data was gathered via two focus groups and a survey.**
  - 11 people participated in the Germantown focus group;
  - 13 people participated in the Gaithersburg focus group;
  - 400 people completed the 28 question survey.
- **Four Main takeaways are as follows:**
  - Most respondents did not know the full range of transportation services available to them;
  - The County should explore options for a more extensive volunteer driver program, as there was significant interest in this transportation option;
  - The “bus culture” needs improvement- currently there are barriers and perceived barriers to taking a bus, such as a lack of bus shelters and inconvenient schedules; and
  - The County should explore ways to better accommodate the transportation needs of disabled people.



# Communication and Outreach

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- **The Senior Summit, held in 2008, identified the lack of a centralized outreach/press office as a Recreation Department weakness.**
  - To address this gap, in FY2011 the Department assigned three staff to an office designed to promote Department programs, services, and facilities, and to foster community partnerships.
  - The Senior Programs team has benefited from the new press office through assistance on press releases, special interest stories, specialized flyers and brochures, and newsletter critiques.
- **The Office of Public Information and A&D significantly expanded communications and outreach efforts to inform seniors and caregivers about services available by:**
  - Mailing a Senior Resources Information guide along with the property tax bill sent to all property owners;
  - Distributing printed brochures, the Senior Agenda, and Senior Palmcards to key locations (libraries, senior housing, County Fair, community centers, etc.); and
  - Including the “Living and Thriving in Montgomery County” insert in the Beacon newspaper.



- **The County added a link to the Senior Transportation Survey on the County website and in the Paperless Airplane publication.**
- **The County published a Transportation Guide. It is currently being translated into seven languages.**
- **The County Public Information Office, in cooperation with County Cable Montgomery, is entering into a negotiation to secure a fixed time for showing the Seniors Today television program.**
- **A&D also began a monthly electronic newsletter by subscription in January 2010. Most issues contain information on health, safety, or fitness opportunities in the County. A graphic designer developed an attractive image to accompany the newsletter as a way to brand the newsletter and garner attention.**
- **The County Executive conducted information sessions at Senior Centers in October 2013.**
- **MC311 has plans to conduct outreach to seniors.**



# **Safety**

## **Fire and Rescue, Police, Consumer Protection, Homeland Security**





- **The workgroup performed a survey in 2011 to collect data on seniors' self-reported feelings of safety. 85% of respondents felt safe in the County. Concerns included identity theft and door-to-door solicitations.**
  - Police reported mixed use housing as potential crime locations.
- **Fire and Rescue Safety continues their door-to-door weekend program to alert residents, including seniors, about safety issues.**
- **Montgomery County Police Department (MCP) launched an initiative in conjunction with the Search Manager Program, assisted living facilities and nursing homes to monitor and report seniors who may be missing or have walked off.**



# Office of Emergency Management and Homeland Security (OEMHS) Accomplishments

## ▪ Recent OEMHS accomplishments include:

- Made presentations at 14 venues serving seniors around the county;
- Facilitated the kick-off of Montgomery County Citizens Corps Council, attended by representatives from various senior organizations;
- Added a seniors page to their website;
- Distributed approximately 2,500 senior preparedness brochures at various community events in 2013. 400 of the brochures were sent to Leisure World; and
- Partnered with Top Banana Home Delivered Groceries to include senior preparedness brochures in bags of groceries delivered to seniors.



# Employment



- **The Department of Economic Development is developing an AARP style award program for employers who have best practices of employing older adults.**
- **The County celebrated 2013 National Employ the Older Worker Week in collaboration with the US department of Labor's Senior Community Service Employment program. Sponsors included:**
  - Senior Service America, Inc.;
  - Jewish Council for the Aging of greater Washington;
  - Montgomery County Public Library-Silver Spring Branch;
  - Montgomery County Department of Economic Development-Division of Workforce Services;
  - Maryland Workforce Corporation;
  - American Library Association Washington Office; and
  - The Benton foundation.
- **The County supports the Career Gateway to provide seniors with training in career planning and job searching.**



# **50+ Employment Expo**

## **May 17, 2013**

- **The County funds an annual 50+ Employment Expo organized by Jewish Council for the Aging (JCA).**
- **JCA organized the Expo to connect seniors to employers and community resources.**
  - 56 employers and 32 community resource organizations attended.
- **More than 3,500 seniors attended the Expo.**
- **Expo activities included:**
  - Seven seminars presented by experts in their fields (each presented twice);
  - Job Club Tables intended for networking;
- **Two resume review rooms;**
  - Internet café;
- **The key speaker at the Expo was Maureen Bunyan, a veteran television news broadcaster and primary anchor for ABC/7WJLA-TV**



# Health and Wellness

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## Health and Wellness Committee

- **The Health and Wellness Committee met bimonthly between FY2009 and FY2013.**
  - 84% of Committee members are not County employees.
  - The non-County members represent a wide range of non-profit organizations and health care facilities.



## Three Year Study to Enhance Health and Wellness Conducted by the Recreation Department

- The Recreation Department recently completed a three-year study of its programs and service needs for seniors for the next three plus years. The study:
  - Examined current programs, services, and facilities;
  - Projected anticipated needs for the near future; and
  - Made nearly 70 recommendations for the Department to implement.
  - This will assist the Department in prioritizing its programs and services, and will enable it to seek new funding for those recommendations that cannot be funded in the near future without additional funding and/or staffing.
- The study was implemented as part of the Senior Sub Cabinet goal to promote greater reliance on long-term planning.





## Increased Senior Connectedness and Community Engagement

- Multi-Generational Gardens and Exercise Equipment
  - In 2011, the Department of Recreation received approximately \$20,000 from the State Office On Aging to design and build a multi-generational garden at the Long Branch Senior Center, and for several pieces of new exercise equipment for the Schweinhaut Senior Center.
  - Local teens provided the muscle to build and landscape the garden areas, and helped with weeding and maintenance throughout the summer and the seniors planted a variety of fruits and vegetables, made sure they were watered, pruned, and picked, and enjoyed fresh vegetables throughout the late summer and early fall.
  - The gardens were also heavily used over the summer of 2013.
  - The two pieces of exercise equipment purchased for the Schweinhaut Senior Center are used daily by 15-20 people on average.
- The equipment helped achieve the Senior Sub Cabinet goal of increasing senior connectedness and community engagement



## Recreation Department Health and Wellness Classes

- **The number of health and wellness related classes offered by the Recreation Department has increased approximately 40% between 2009-2013.**
- **The number of classes has increased for the following reasons:**
  - Senior knowledge on the benefits of exercise and proper nutrition to their health is increasing, and they are therefore requesting more classes;
  - The Recreation Department has increased its Active Adult Program sites from one to two days per week. Additionally, Senior Center Directors are adding senior exercise classes on other days of the week;
  - 15-20 new Zumba classes have been added to meet demand for this type of exercise; and
  - The Recreation Department has strengthened its partnerships with local hospitals, which have expanded the number and variety of programs and classes they provide to seniors.



## Senior Center Growth

- **70-80% of the senior classes offered by the Department and its partners are at or near their capacity.**
- **The Recreation Department opened the White Oak Senior Center in September 2012.**
  - Daily attendance is 50-60 seniors per day.
  - The Department anticipates a daily increase of 20-30 people in January 2014 when bus transportation will be added.
- **The Department restored seven of the original Active Adult program locations that were cut in FY2010.**
- **The Department will be adding a program at the Plum Gar Recreation Center in early FY2014.**
- **The Senior Sneaker program had +2,000 seniors registered in both FY2012 and FY2013.**



## Recreation Department Student Internship Program

- **Most of the senior centers use interns from local high schools, colleges, and universities on a regular basis, including:**
  - University of Maryland;
  - Montgomery College;
  - The Universities at Shady Grove;
  - Georgetown; and
  - George Washington Universities.
- **Interns conduct studies, work on specialized projects, interview seniors for their theses, and participate in the daily programming.**



## Senior Nutrition Program

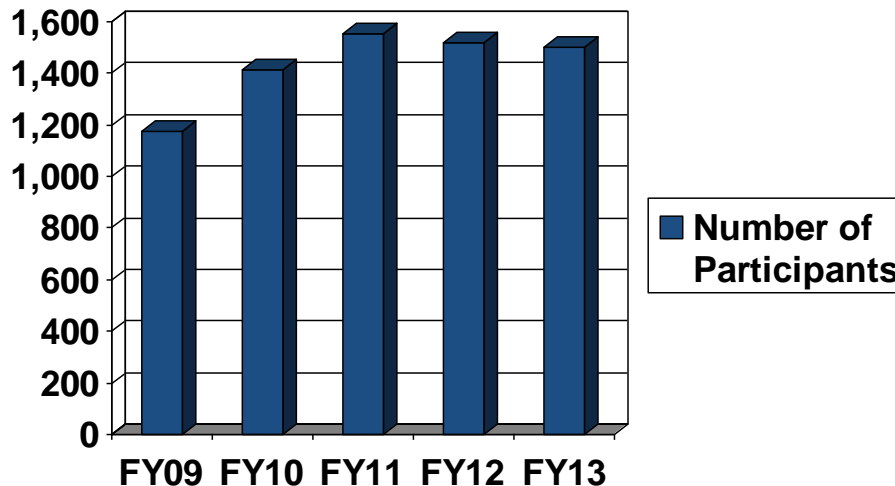
- In FY2013, the SNP served 3,980 seniors at 45 congregate meal sites.
- The SNP also served 940 homebound seniors with meals delivered to their homes.
- About 76% of SNP participants were minorities.
- Adult Day Care Centers in the County and two Congregate Housing Services Programs benefit from a collaborative contract with the SNP.
- Six ethnic contractors are able to serve meals to seniors and provide a resource for those with limited English skills to come together for activities and a nutritious meal. The contractors are as follows:
  - Chinese American Senior Service Association, Inc. (CASSA)
  - Chinese Culture & Community Service Center, Inc. (CCACC)
  - Jewish Community Center of Greater Washington (JCC)
  - Korean American Senior Citizens Association of MD, Inc. (KORAM)
  - The Fellowship Senior Center
  - The Vietnamese Senior Association of Maryland, Inc. (VSA)



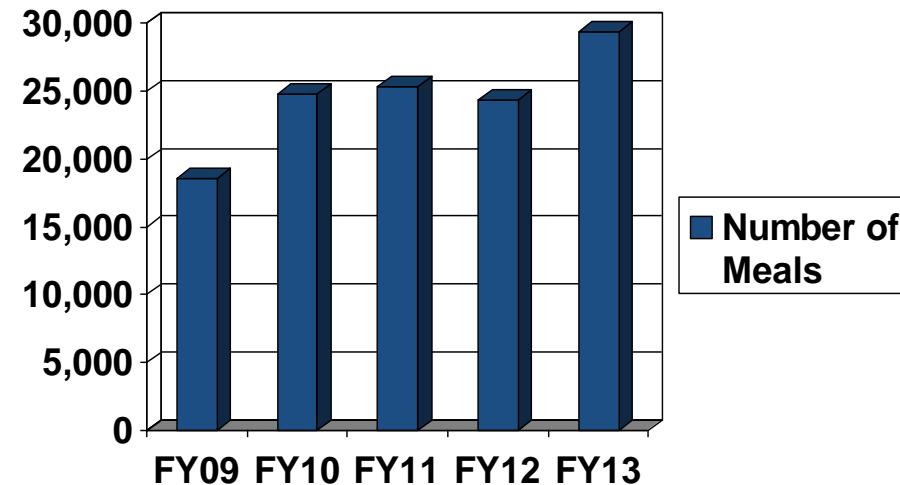
## Senior Nutrition Program

- The ethnic contractor client and meal volume has trended upwards over the past five years. For instance, the number of CASSA annual participants increased almost 30% between FY09 and FY13; the number of meals served annually increased almost 60% in the same timeframe:

CASSA Participants FY09-FY13

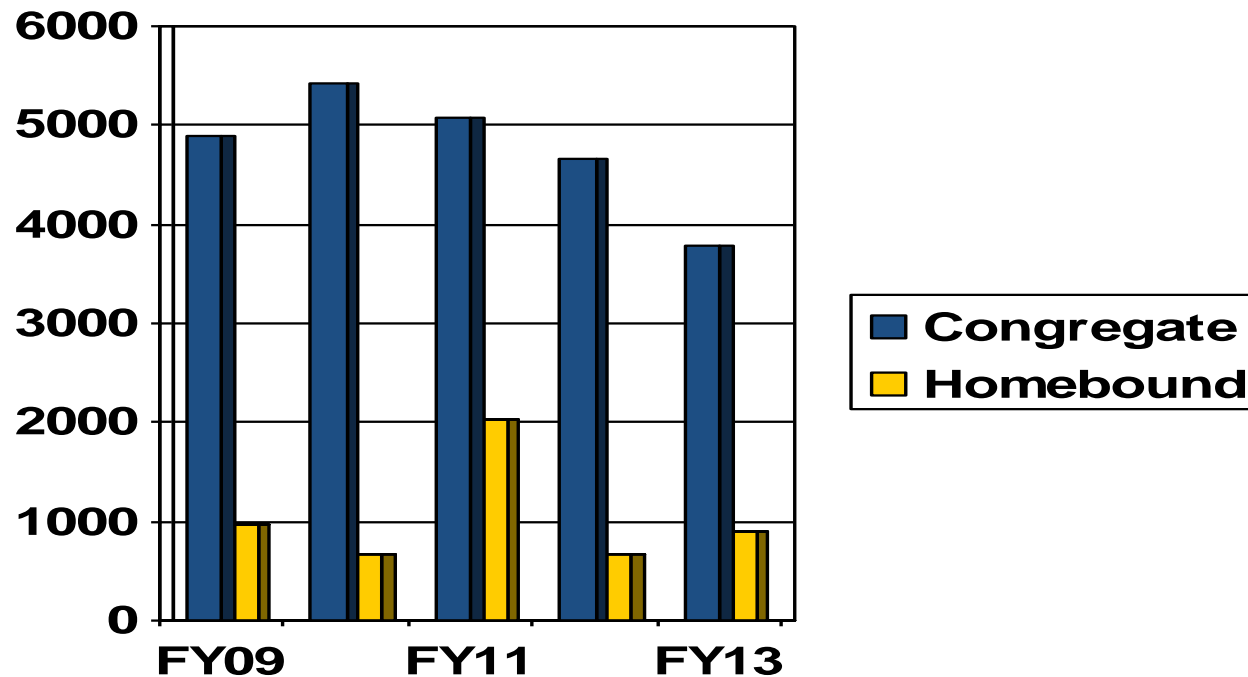


CASSA Meals Served FY09-FY13



# Senior Nutrition Program

SNP Participants FY2009-FY2013

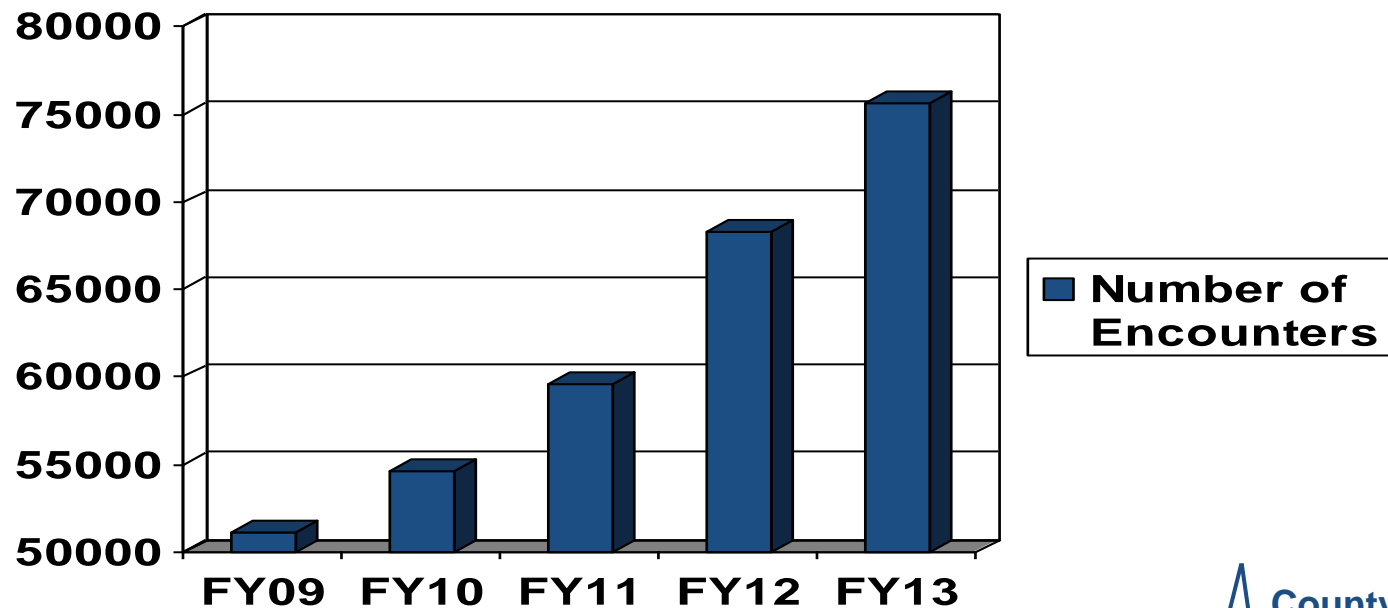


ARRA funds contributed to the higher numbers of participants served in FY10-11.



## Multi-Component Senior Exercise Programs

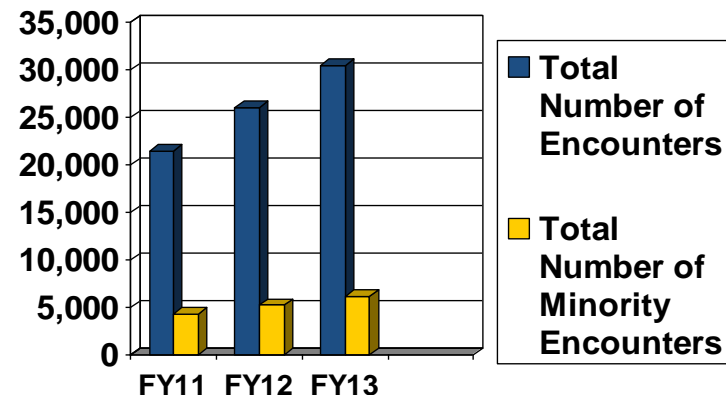
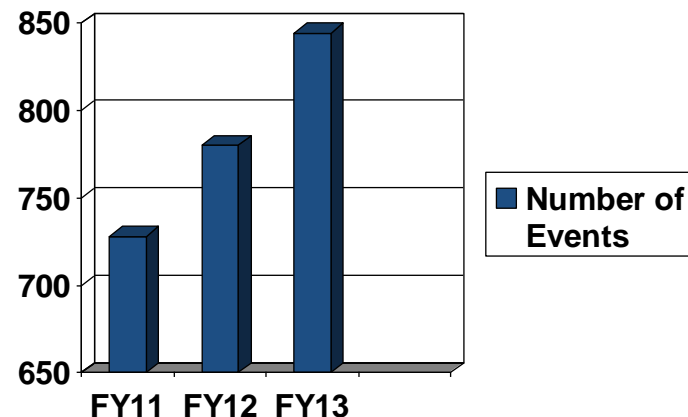
- Holy Cross Hospital offers “Senior Fit,” a free, evidence-based multi-component exercise program.
- The number of Senior Fit encounters grew by 48% between FY2009 and FY2013, from 51,122 to 75,663, far exceeding the 9% growth in the County senior population within the same timeframe.
- Senior Fit contributed towards the Senior Sub Cabinet goal of greater use of evidence based practices.





## Multi-Component Senior Exercise Programs

- **Senior Shape is a partnership between Suburban Hospital and the Recreation Department.**
- **Classes provide strength, flexibility, and aerobic exercise training.**
- **Data from FY2011-FY2013 show a 16% increase in the number of Senior Shape events over this time period.**
- **Over the same time period, there was a 42% increase in the total number of encounters and a 30% increase in the total number of minority encounters.**



## Fall Prevention and Bone Health Programs

- **A&D currently sponsors 18 ongoing, volunteer-led “Bone Builders” classes for individuals at risk of bone fracture due to low bone density. This number increased from 8 classes in FY2009.**
  - Bone Builders served 306 individuals in FY2013.
- **In FY2014, A&D began offering “Stepping On,” an evidence-based fall prevention program to individuals with a history of falls.**
- **A fall prevention campaign in honor of Fall Prevention Month was led by the Health and Wellness Advisory Committee in 2011 and GROWS in 2012 and 2013.**
  - The campaigns featured a wide variety of programs offered by professionals throughout the County and promoted in the Beacon newspaper.
  - Over 700 people attended activities offered as part of the 2013 Fall Prevention Campaign.
- **Since 2010, A&D has sent an annual mailing about fall prevention to over 280 physicians in Montgomery County.**

## Chronic Disease Self Management Program

- **Holy Cross Hospital has offered the Chronic Disease Self Management program consistently between FY2009 and today. Holy Cross varies the locations at which the program is offered and targets underserved members of the community.**



## Dental Care for Seniors

- A&D partnered with the Recreation Department and the City of Gaithersburg to connect older adults with needed dental care.
  - **Care was delivered via the following providers:**
    - Community Clinic, Inc. (federally qualified health center) and
    - Mantoni Mobile Dentistry (private provider).
  - **From May 2012-June 2013, 83 Gaithersburg area seniors received care.**
  - **From March 2013-June 2013, approximately 95 Montgomery County seniors received care.**
  - **The Recreation Department and City of Gaithersburg provided in-kind support.**
  - **Montgomery County was one of very few AAAs in the state to receive funding for their dental care program from MDoA. Money was awarded through a competitive process.**
- Additionally, A&D received a grant in September 2013 from MDoA to continue to serve approximately 50 Gaithersburg area seniors in FY2014.
  - **The grant will provide dentures to 50 seniors currently connected to the Dental Program of Montgomery County Public Health Services.**



# Civic Engagement



- **The growth of the village movement, including 15 current or emerging villages in the County is involving a significant number of older adults in volunteerism and participation in community activities.**
  - In FY2014, A&D received funding for a new Villages Coordinator position.
- **Montgomery County received the distinction of Best Intergenerational Community in the US.**
  - Intergenerational programs in the County continue to grow, including programs operated by JCA Heyman Interages Center and OASIS.
- **The 2013-2014 class of Senior Leadership Montgomery (SLM) is the largest ever. Additionally, SLM is initiating post-graduate activities and engagement.**
- **The Chinese American Senior Services Association continues to grow in terms of programs and membership.**
- **The Muslim Community Center began a senior program in 2013.**
- **The Volunteer Center improved its website and added a link to the AARP website for easier access to information.**



- **The Workgroup introduced selected non-profits to the ReServe model program for Maryland, connecting older adult volunteers with non-profits.**
- **Action in Montgomery (AIM) has become increasingly involved in advocating for senior issues.**
- **Lifelong Learning continues to thrive with the growth of the Montgomery College Lifelong Learning Institute.**
  - The number of courses offered were and sites were increased to include several libraries and senior centers.
  - OSHER programs are ongoing at Johns Hopkins.
- **Live and Learn Bethesda began offering programs in 2012.**
- **The model Senior Fellow program grew in FY2013 from three to six participants.**
- **The workgroup participated in the selection of the Neal Potter Path Achievement Award, honoring seniors age 60 and older who have given a lifetime of volunteer community service.**



# Home and Community Based Services



- **HCBS Workgroup met with the following organizations to determine priority services, populations/subpopulations and geographic boundaries/opportunities:**
  - Asbury Methodist Village;
  - Shady Grove Hospital;
  - Strathmore Center for the Arts;
  - The Gaithersburg Senior Center;
  - Kaiser Permanente;
  - University of Maryland at Shady Grove; and
  - Regional Service Center Directors.
- **An outreach effort to residents of this area to promote aging in place is under consideration.**
- **HCBS workgroup members are collaborating with the Washington Area Villages Exchange (WAVE) to update the Village Blueprint.**
- **The County funded membership in the Village to Village Network, providing local Villages access to their newsletter, webinars, and other benefits.**

